

# 2016

(via 2024)





(2015)  
December 28 — January 1, 2016

The only constant is  
CHANGE

'Let the Mystery Be' was also  
the Season 2  
Theme Song for  
HBO Show  
'The Leftovers'

Nat Geo photo  
outlet: *universe*



Wed Dec 30, 2015

Lauren & I NY on Instagram  
(Article Anini b. 1974 / born in Norway)  
Pod: Scene on Radio: no Santa  
- 2.5 stomach flu

SKIP LUNCH  
FRUIT + TEA

(S) Nikki Charlow

Cheesesteaks at  
Dell's and nos (bought packed) Laundry!

Steve King R.I.P.

3.1  
Simmons/Sal

Vision  
on my Left  
Somali, Kenya  
1/4 Joy/Tail/Tights!  
Natural Hair  
Beautiful Lips!

Day 5  
(test d)  
but V

yawn! 8:45am Yelp!

- Nusso on Transparent  
Season 2

What is the tone / hum at  
through the world?

direct, open, simple,  
hospitable, serious, witty?

Pod: Marci/Neil Strauss

3.1  
SHAKE  
SHAKE

- Grantland interview  
of Strauss "The Truth"

LOVE WITH  
NO NEED  
TO PREEMPT  
GRIEVANCE

DAY 4  
LUCK  
CRUZ

Alexander

To this day God is the more by which I describe  
all things which cross my path with violence and  
reflexively, all things which upset my subjective  
views, plans and intentions and change the course  
of my life for better or worse - Carl Jung

3.1  
HUAL

Attention: Engagement  
with life, that is

Monday Dec 28, 2015

- Gopnik on the *mutability*  
of all, including monuments

- Lane on *Hateful 8* & the  
Reverent.

- Als on new Color Purple  
adaptation on Broadway

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• all days in Bryn Mawr

January 2-6 (2016)

SHAKE  
w/ Nwts

Tues Jan 5, 2016

3.1  
HUAL

Stayed late 3:45 then  
to Ludington. Read bits  
of Cheever book and wasn't  
motivated to take it home.

- Mallon on Birch Society and  
Far Right

- Zoepf, Sisters-in-Law (Saudi)

• Ep of The Bridge (SE)

Dinner: Roast +  
salad + 2 after  
dinner from sand!

YouTube research

222 10pm

Aquisitiveness:

"Satiety is a dream which  
will always elude you."

Rivalry:

Vanity: "Look at me is  
one of the most fundamental  
desires of the human heart."

"Mankind have even committed  
the impety of attributing similar  
desires to the Deity, whom they  
imagine avid for continual praise."

POWER:

LOVE OF EXCITEMENT:

"It is, I think, chiefly to LOE  
which makes the populace applaud  
when war breaks out... the emotion  
is exactly the same as at a football  
match." (Teddy Roosevelt)

"Nothing in the world is more exciting  
than a moment of sudden discovery or  
invention."

FEAR & HATE:

Among primitive humanity fear and hate  
is connected to the unfamiliar.

Wed Jan 6, 2016

Season 2

MAN  
SEEKING  
WOMAN

Tonight!

3.1

Simmons  
Chuck K.

- Ashima the Rock Climber

← Bertrand Russell 1950 Nobel Lecture

- VF Article about Italian Dr.  
who scammed NBC Producer into  
love.

- Marathon Man, NYr 2012!

(4:15p) Spencers

Listen Todd Barry/  
Doogie Warner

→ I can very much relate to a love  
of excitement in my own life —  
esp. in the sexual realm.

(S) Nikki C

Gratitude Ted, 30 Days, TED,  
Cat French

222 11pm

✓ Hello - SNL ✓ Happy Havan  
✓ Happiest DJ  
✓ K&P - Gay Weddings  
✓ Schmeer - Make Up

Feeling increasingly better  
after restless night  
(quite early 2 hours)

Sat Jan 2, 2016

- Acme. run & gas fill-up

- Arsenal game on TV

- Last 2 eps of Leftovers

Bad News from Gail's  
cousin (Scott ski accident)

5 episode Silicon Valley binge after failing to get traction w/ Tig  
or Shw Mfe + Hemo.

222 9:30pm

FINGERNAIL tempt-  
ation!

• Haverford College Nature  
trail walk w/ Orenwald  
and Simon Lindelof

(S) 90m w/ Nikki C.

A pointed finger is a  
victim's logo - Brodsky

Sun Jan 3, 2016

WALK  
8-9  
NYr Radio Hour

@Ludington

- G Wood on Hamilton

Play + Sedgwick Book

- Aocella on Brodsky

"If you cast over a poem  
a certain magic veil that  
removes adjectives and verbs,  
when you remove the veil the  
paper should be dark with nouns."

- Eugeny Rein's advice to Brodsky

- NYr, Walk McGowan Pass  
(Rev. War Sept 1776)

- Short Gopnik NPR transcript  
about Hedio intro

- Tobias Wolff on "The Prodigal Son"  
paragraph in page 212 (1)

Felt like a Monday

- Frustration(!) Phillips

2 eps Silicon Valley

222 10pm

Feels Lik 18° @ 8am

Mon Jan 4, 2016

NEW YORKER DAY

King of Prussia Mall  
with the Nwts

Simmons/Sal on walk home

- Not Getting it, Phillips

222 10pm

w/ Fireman

- Simon Rich, The Messiah  
Returns

- Tad Friend, STX Studios

Last 2 eps of Silicon Valley

(S) 1 hour experiment on Lava, inspired  
by Psychoanalysis  
(una, waah waah)

3.6  
Marion  
Spade  
"most Truths  
are quiet."

recovery day  
from 24-hr  
stomach bug.

→ I turned this  
into a Periodic  
Table type  
shorthand as

Q+

Bertrand's Nobel  
Lecture, easy to  
read online, is one  
of the clearest-eyed  
appraisals of how  
human nature guides  
the hand of  
political life across  
cultures.

yes. Yes. YES!

Russell lived to 97,  
dying three years  
before I was born.  
His own history with  
women was quite

choppy — many a failed relationship. He was probably quite the stickman.  
His considerable intellect grasped some concepts well ahead of them there  
time, but he (like all of us) was wrong about quite a bit.



o all days in bryn mawr

January 7-10 (2016)

Amen!

My Sunday morning Haverford College walks are but one example.

The worst late-night phone binges end way past midnight, so this one wasn't too bad.

② I'd eat here again in Nov on the eve of election day - which turned out to be a bad omen.

maybe the hardest of the eight & the most valuable.

double 'not'

Q: Why are humans drawn to ritual

Maybe - because they offer an illusion of permanence and continuity in a world characterized by mobility, change and uncertainty.

Berlin (Isaiah) wasn't an original thinker/philosopher as much as he was a singular reader and synthesizer of ideas into new forms and a more relevant idea of society.

NHSL → 34th St → Arthur Ross Gallery (Abbas photos) → Walnut → Terakaka Ramen

11:59pm ← up late (NG, Tango, Vibe) ← West Wing ← R5 ← 30th St

"Of all ridiculous things the most ridiculous seems to me to be busy - to be a man who is brisk about his food and work."

How do I flee from PRESENCE

1. Cultivate Relationships 2. Slow Down 3. Live the Questions

4. Pay Attention (Witness) 5. Exhibit Fruitful Monotony (B.R.)

6. Refuse the Perfection Game 7. See Love as a developed Skill

8. Choose Understanding > Judgment

⑤ Nikki, then Jeanine AtH

DO NOT DO TO OTHERS WHAT YOU DO NOT WANT DONE TO YOU

Truth like a sonorous brief call. Can't see the source, but I can detect the direction and wonder

Sat Jan 9, 2016

Menand on "What we watch when watching the Olympics"

History of Women's Track in Olympics

StartUp Great Edinburgh Run

Pod: NY: RadioHr

Common Sense

"Certainty" my title

Sun Jan 10, 2016

Brain Pickings Resolutions

A. Rich / S. Kierkegaard

"There is hardly any activity started with such tremendous hopes and expectations"

1. Cultivate Relationships 2. Slow Down 3. Live the Questions

4. Pay Attention (Witness) 5. Exhibit Fruitful Monotony (B.R.)

6. Refuse the Perfection Game 7. See Love as a developed Skill

8. Choose Understanding > Judgment

⑤ Nikki, then Jeanine AtH

DO NOT DO TO OTHERS WHAT YOU DO NOT WANT DONE TO YOU

"Organized sports are an attempt, through regimentation and rhetoric to give an inherently pointless activity some kind of point, to inject purpose into play."

Menand

Rance Arledge intimated to no matter what contest you put on the screen men will say, "Wait a second. I just want to see how this comes out."

Yun!!

Terakaka Ramen

q11/kau

West Wing ← R5 ← 30th St

"An honorable human relationship is a process of refining the truths they can tell each other."

Brain Pickings Resolutions

A. Rich / S. Kierkegaard

"There is hardly any activity started with such tremendous hopes and expectations"

1. Cultivate Relationships 2. Slow Down 3. Live the Questions

4. Pay Attention (Witness) 5. Exhibit Fruitful Monotony (B.R.)

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⑤ Nikki, then Jeanine AtH

DO NOT DO TO OTHERS WHAT YOU DO NOT WANT DONE TO YOU

ReWatch (ted\*)

Laurie Schwartzberg

"I didn't have much money, but I had time and my sense of wonder."

NY: Dancin Walker Ford Edn.

"Fighting Inequality"

confirmation bias plays into this, because our minds then habitually attach to confirming episodes and filter out the rest.

[what I believe becomes my reality] (not specifically, but contextually)

Gopnik on Beatles (Active vs Archival) History

The Bridge, Ep 2

9pm

Fri Jan 8, 2016

Karl Popper

The Porcupine, Gopnik

Science wasn't a form of proof, it was a style of quarrelling.

"A truly scientific political philosophy would be 'open' to criticisms even of its own foundations - and so would the societies based on that philosophy."

"The growth of knowledge begins in uncertainty, and increases it. open more questions than it answers, and is possible only through the institutionalization of doubt."

"...the reality is that competing hypotheses are marked, and then one creeps away to die in peace. No one ever really changes his mind about anything; there are just more minds that think the new way."

How to express my radical skepticism

GENEY

It's a matter of Tone and Temperament (Gopnik)

Russell Relative Political Reasoning

Ludington Bios.

Berlin (Russian/Singh/Jewish)

Steve Martin

Self-deception + importance certainty

of friends

8:50pm

The Mental Minor Image - We are drawn to things we can think of as things - as subjects that exist outside the boundaries of all that is just the way we are

222

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coffee

ce All his life he felt that the world was rooting for him.

ie I can't manifest a new car solely by thinking about it, but I can create a new frame of mind about something with intentionally changing my self-talk over time.

I am a proud UNCERTAINTIST, though I need often remind myself of it.

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all days in Bryn Mawr, PA

January 11-13 (2016)

I didn't know it then, but I'd go another 6! First day with a payroll job was exactly Jan. 11, 2022.

② This is so Trump. It's the cornerstone to his allure - especially to a certain kind of guy.

This idea only went out of style completely in my lifetime - big business always wins when there are eyeballs to be monetized.

Avery Brundage  
1887 - 1975

Postcard: Nancy H. William JAMES 1894-1950  
ANNIVERSARY (NO OFFICE JOB)  
February Idea: Dinner & a movie

Mon Jan 11, 2016 New Yorker DAY  
PoI: Marquenter Hoffman myh7@columbig.edu

- Lone on Anomalisa  
- Gopnik on Henry James mentions  
"Not surprisingly, Henry misrepresented a lot of what had happened."  
"...young Henry is content to observe and register and experience."

"I may have been inadequate to all occasions, but I was not indifferent to my experience, or to my epoch."  
(Conspiration is to the James letters what damnation is to Dr. Johnson's; the obsessive worry.)

"Pivot is a confident generalizer, seeking on every page the rules of love, memory and life. James is a simple fact seeker, registering in each paragraph the feeling of one experience after another." - Knowlton?

"James wants to undermine the scientific pretensions of people who, like his brother, think that human psychology can be a science, rather than an enigmatic unfolding experiential art."

\* check 8/13/36 NYTimes

Tues Jan 12, 2016 Sangfried (SANG'frwa!)

- S.M. Trump going "Big"  
- Ted Friend, Squash Personal History  
"Hardball squash was a WESP but bright, something handed down along with seersucker, cucumber, and a reflexive way with a thank-you note."  
"...and twenty-somethings were looking right past me." - I remember that (last year)  
"I consoled myself that I was slim, still energetic after three nachos, and that by candlelight in the bathroom I looked fortyish. Forty-five tops. (I looked fifty.)"

"...while my corrected eye saw the Olympic building and the blazing city beyond, I was up zipping to master shot, the way New York can suddenly open itself to you for a moment, when you're young."

I try not to have a grand, unified theory of anything, unless only for comic effect.  
"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better." - Samuel Beckett  
Doc Spencer Drive (East River/Art Museum)  
Gordon Wood on Anna Burr  
→ Ludington  
Olympic NYTimes Research  
1936 Baseball  
Heil Hitler

222 9:50 pm  
Yavin 7:00 am

Obama Final State of the Union

WHITE DOG CAFE  
(Main: Mohr/Mushroom Soup/Crum/Broiler)

Michelle cleaning day - schedule rearranged!  
LEDE of Brundage 1960 NYr  
"Sport, which ranks with sex, success, and salvation as a leading topic of talk in this country, is steadily becoming more commercialized, and, as a consequence, more complex."  
(7 commas!)

Wed, Jan 13 2016 pa-thos a quality that evokes pity or sadness.  
- Gopnik on Mein Kampf  
"His pervasive sense of resentment must have vibrated among those who know resentment as a primary emotion."  
(Gopnik is a master of synthesis of ideas and elation of intellectual explanation)  
- Rembert on MBJ/Ryan Coogler  
Haverford Library  
Pod: Surprisingly Awesome. Bracoli  
Tanya Postcard Szymborka quote  
Wayne Farmer's Market  
Flat Iron Steak / Kenyan Coffee (no kohlrabi - german cabbage)  
"While Brundage, who has been happily married for 33 years, is no misogynist, he is inclined to feel that women don't belong in the Olympics - not, at least, in such muscular roles as those of shot putter and discus thrower."  
GP: He would be HORRIFIED to see what the Olympics have become.

48: London  
52: Helsinki  
56: Melbourne  
60: Rome  
64: Tokyo  
68: Mexico City  
72: Munich  
76: Montreal

Sport is sport, and should be played for fun and health alone.

Avery Brundage, who was the American editor in the Stockholm Olympics of 1912 and forty years later became President of IOC.  
Q: How much was he earning as head of AAU, the USOC, then IOC chief? (Apparently Zero)  
\* First Russian participation since 1912?

SK  
HOR

Forgo mail Anxiety B- (mostly used clippers)

Joined BCG  
Slipped into the phone abyss  
10:30-12:30 w/ FL  
222 1:00 am FEH!  
→ Binge alert!

BUY Stamps

Hilarious.  
Two things I never think abt.  
Damnation.  
What a silly concept, yet to Johnson, 'twas 'real'.

① my parents knew him from church - he played on the exhibition baseball teams in the 1936 Berlin Olympics. The Inquirer said that before the game both sides lined up & gave the Nazi salute.

I used to get the occasional 'held look' from a PYT. No more. That ship sailed off into the fog around when I turned 40. Such is life.



• all days in Bryn Mawr

January 14-17 (2016)

I need to recalibrate my expectations about Neust's cognition and awareness. It seems like it has shifted down a level of late. It is what it is.

Sat Jan 16, 2016

K. Madigan/C. Martin

- My Father Addresses Me On The Rocks Of Old Age, Grace Paley NYR

Photos of KKK by photographer from Mt. James Edward Bates

"Also, you'll see, you'll be lucky in this life to have something you must do to take your mind of all the things you didn't do."

LeCourbet's carnival "Ode to Sport" won literature medal @ 1912 Stockholm Olympics

Drive thru Consh, Norristown.

Egypt Rd, 422, Wayne, Galt View

5-8pm Food Binge; Brooklyn 99 eps;

- Gopnik on "New York Values" re Trump/Cruz

- Szyborska Poems

"Here"

"Thoughts that visit me on a busy street"

"An Idea"; "Teenager"

Justin Townes Earle + Koppleman (check out recs)

and his concert

Little Ravel, then...

"Longing in accusation" 9:15pm

Sun Jan 17, 2016

- Richman, Barman

NK Accella

- S.O.L. "In Praise of the Quiet Life"

- Frazier on St. Francis Assisi Breadwin

W31st St.



NAVALYARD - PHILLY

St Francis of Assisi

Find myself struggling to

let go of annoyance @ Neust's almost

total confusion/lack of perception

It's just life

Spanish Potato Omelette w/ Sour Cream

Latoya PC

Nicks & Spm She loves idea of LAWS

(laws later on - she expressed her annoyance.)

Dee NOVA 540-841-2577

Can't I let others happily proceed on their path, while I surely proceed on mine. (Nothing in life will be justified by certainty)

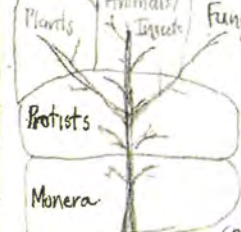
500 MILLION Y.A.

NO ANIMALS ON LAND YET

(420-410m years ago)

Scorpions/spiders/insects

KINGDOMS:



Lee's Deli

47/Baltimore Ave, man

Carrot

Thursday Nights

IN THE KITCHEN

Flat Iron Steak (w/ Mustard Butter)

Baked Potatoes & Salad

(What are my HABITS? What do I SHOW UP to every day)

1. Reading 2. Running 3. Walking/Wandering/Wondering

4. Caregiving/Companion-ing 5. Drawing/Journaling/Corresponding

Justin Townes Earle

Looking back on Walk 2009

Notes - amazed at how

memory drops so many

details - like how Claire went

I had this requiescence imposed

after initial Marilyn blow-up

Ekta w/ Nicki

Lamb/Mint Chicken

Thursday Jan 14

Horse-shoe crab: NYC

"Blue Bloods"

"Further a long... Russian fishermen stood beside their

poles, impassive and unimpressed as only Russians can be.

"HSC are aliens from another planet, if we allow that

the other planet was Earth about 500m years ago."

Horse shoe crabs survived at least a dozen extinctions!

"In the Carboniferous period, when most bacteria

able to digest wood had not yet evolved, a planetary

reservoir of carbon (plant) was buried and became

coal."

(Plumb Beach) "It is a wild place—one of those ungovernable

margins of the city when the wildness of nature coincides

with human wildness and a rage of chaos prevails."

on Spencer's bird feeder

Tomblike drawing of squirrel hanging upside down

on Spencer's bird feeder

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Ekta w/ Nicki

Lamb/Mint Chicken

Fri Jan 15, 2016

Settle Accounts Day

DAD Jan & Feb

Texas Tim Cole/Recognition Case Bank-5 Bens

NYR. ☹️

Notes - amazed at how

memory drops so many

details - like how Claire went

I had this requiescence imposed

after initial Marilyn blow-up

Ekta w/ Nicki

Lamb/Mint Chicken

Reading Kindle

@ Starbucks

History of Religion Impulse

Chapter of

Randel book

(Mysticismism!)

Mary Emma PC

Matthew 6:27-29

10:20

222

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10:20

10:20

10:20

10:20

10:20

10:20

This is true, revolutionary thinking in our culture; most people would scoff at this concept!

Nothing in life will be justified by certainty ♦

① Eight years later, I'm now dealing with my Mom's (Tyo) growing confusion, anxiety & hesitation in the face of life.

→ "The Marilyn Blow-up" was this Haitian woman from Brooklyn who I became friends with ~2008/9 via the phone lines. I had mentioned things about Claire & the meditation center she went to & during my walk to N.O. Marilyn showed up there & befriended her. Adios mio!



# January 18 (2016) & Free Write

I wish I had done these free writes more often... but even so, I'm glad there exists some rather than none.

Amen!  
(I'm sure that's true w/Gopnik as well)

'Relativity'

The free write had to start some time, so it starts today. Free form, grammatically challenged, unperturbed by the sanction of perfection, marks on a page straight from the brain to its pulped destination. It's night time - past 9 - and for me that comes with the awareness that my mind is at peak subconscious anxiety... Dad is out in the living room listening to music. He does that a lot when mom is gone. I've been in my room reading Gopnik wax poetic about food. He manages to tease out interesting aphorisms from whatever subject he tackles, as the quotes to my right attest. It is MLK day so I jotted a little sketch of Dr Martin Luther the King borrowed from the Google scribble. What do I think about when I think about Martin these days? Maybe the impossibility of knowing anything named about someone I never met. Gopnik or someone from the New Yorker pointed out that the person we meet on the page or in the speech is never the real person. I'd go back in these pages and search for the quote but I'm lazy. Surely his words have inspired me, but I wonder - I inhabit the mystery of the private Martin - even as I know that mystery can never be answered. My answers, my guesses rather, will likely be a whole lot of transference served up and plated to make it appear unbiased. Yet all has the glaze, nay the reduction Gopnik would say, of our subjectivity, our personal experience, the breadth and width of our personal horizons. If I am not searching for, nor believing in an accessible universal truth (true utopia / idealized future) I can rest in that relativity. The image of me in the Oakland Library this August comes back to me, reading about 100 years since Einstein's mental leap, trying to understand it even in the most layman's terms. What I think I see isn't what someone else necessarily feels. Doubly, trebly for what I feel or believe... or like. So I exist, and try to be humble, to not put forward my way to others even as I enjoy my path: one of wonder, one of doubt, one of endless curiosity and mirth.



N.Y.C.  
Kamnick • Mayer •  
Schulz • Nussbaum  
"We can't wish away differences but we can hope for a world in which... is part of life, learning to disguise it through... is as good a cure as we can hope for... we want for the rest of Universal Love, we can at least share making... prominent the common, take... - Gopnik

The answer I think, is that there isn't one. Liberal tolerance is an injunction to ignore efforts, not an instruction manual making rules. The secret of life is to be content and still hold in our mind... "There is first the hope, then there is the transformative act, then there is the personal embroidery... 3 terms to play with: what I take from nature, what I've learned from my tribe, what I do myself

## Bed Reading (need Logo)

Gopnik / Table. The table can be diverse and open look for chances in life to bring people together around food.  
Randel bio  
Original 1809 Commissioners Office  
@ Glasgow / Christopher  
[1809 Thomas Paine died 2 blocks away on Blecker just above Barrow (Kassi-London shop)]

Mon Jan 18, 2016

- Talk pieces
- Schulz "Dead Certainty" (Making a Murderer)
- Mayer / Koch Bros NY
- D. Epstein

sinks pleasure  
male judgments

Those who share our pleasures on rarely the ones who please ourselves.

Late Afternoon Nap: 4:30-6:30

The secret of life is to be content and still hold in our mind...

"There is first the hope, then there is the transformative act, then there is the personal embroidery..."

3 terms to play with: what I take from nature, what I've learned from my tribe, what I do myself

"...the vast majority of misconduct... is motivated by the belief that the ends justify the means - its fine to play fast and loose w/ the facts... To put a dangerous criminal behind bars... 72% wrongful convictions made mistakes... 27% False confessions... 50% scientific fraud / junk science... 1/3 police evidence suppression... It is easy to express outrage, but as defense lawyers remind people every day, it is reasonable to DOUBT." - Schulz

It isn't an accident that Jesus' most original act was at a table, his which seemed so shocking to a peasant honor society, where values depended on clean and unclean. Jesus would eat with anybody, whose and tax collector, Gentiles and Pharisees.



spent the summer of 1948 (his first after ordination & Morehouse) as a research asst of Dr. Ira Reid lot black tenured @ Haverford prof. College.

Huh: In 2010, I went to a month of inpatient rehab for sexual addiction almost a literal stone's throw from where MLK went to seminary in '48.

read pgs 70-73 of Jonathan Eig's bio of King. Wow! Genetics or destiny.



o all days in Bryn Mawr

January 19-20 (2016)

I wish it were a little more to the right

① not doing so well lately

→ Oct 7, 2024  
Gaza Hamas assault on nearby Israeli neighborhoods leads to war.

→ To this day, people tend to exaggerate, 'conspiracize' & catastrophize people/elements they vehemently disagree with.

I was on a Calvin Trillin readin' 'jat jag'.

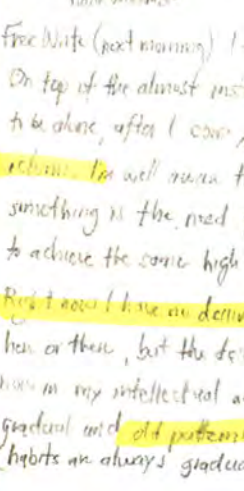
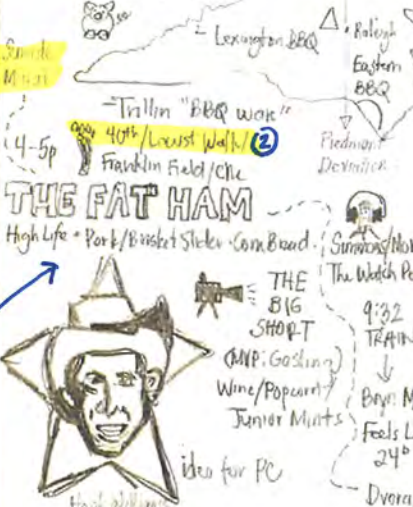
The Suicide Mural on 31st nr Chestnut is now largely hidden by a new bldg. It has someone on it who looks a lot like a 29 yr old me.

walkin' in Philly.  
② Over the past 4 yrs Locust Walk has become my jaw!

I still feel this way 8 years later BUT it hasn't changed my behavior that much. I still reach for those diminishing returns fairly often - esp. alone at night.

eight months later, I'd go out on a first date with the woman who would become my wife.

this might have been a bit like Dubya's "Mission Accomplished" moment on the battleship.



Wed Jan 20

The 1936 Olympics Chapter, Guttmann Claims: No pictures of Owens in Atlanta Constitution in Aug '36?

Trillin "BBQ work" 40th/Locust Walk ② Franklin Field/Che

THE FAT HAM High Life • Park/Basket Sticks • Corn Board • Summer Morris • The Watch Post

THE BIG SHORT (AMP: Gosling) Wine/Popcorn/ Junior Mints

Margaret Lambert aka Bette Bergmann, lol, living in Jamaica Estates Queens Jewish athlete barred from HJ by Nazis. Me: The German officials' commitment to dishonesty and obfuscation of what was obvious to anyone not suffering from confirmation bias is exactly like Georgia politicians and university officials from Trillin '63 article on Hamilton/Hunter.

Michael Specter "Freedom fries" "At the start of WWII Americans used 1/2 peaches for food purchases, today it is 1/2 Per Capita Calorie Consumption Per Day 1470, 2,109, 2010: 2,508

Average man today 195 350 lbs. small? "We are finding tremendous overlap btw chins in the brain and food in the brain." P.S. by Nikki ② 22 Jan 45 min - Guttmann Chapter about WWII Olympics Administration

Dvorak in Rittenhouse Square PRESENCE/ACCEPTANCE Free Write (next morning) I find that my sexual/sexual now has me to some extent. On top of the almost instantaneous desire to think about something else, and to be alone, after I come, there is also this sense of stagnation and diminishing returns. In well known that a hallmark of an addictive relationship with something is the need for greater and greater quantity and/or diversification to achieve the same high. Maybe I just want to get off the merry-go-round. Right now I have no desire to date. I look, and I desire for a few seconds here or there, but the desire for discovery that used to fuel me is more active now in my intellectual and walking life than in sexuality. As with all, its gradual and old patterns still persist, but away from my watchful gaze, habits are always gradually changing - little by little.

Tues Jan 19

Remnick on Aynon Odch, Leader of Palestinian Israeli bloc in Knesset "The mainstream attitude toward Odch among his colleagues in the Knesset is often one of patronizing skepticism."

Calvin Trillin 1963 NY piece on Interpretation of Univ of Georgia Hamilton & Hunter

Glenn Frey "I love the way your sparkling earnings lay/against your skin so brown/And I wanna sleep with you in the desert tonight/with a billion stars all around."

Philadelphia Pops March/ Country Club Todd Haynes Lunch/Toronto Empire Paul Crab Cake Melt Salopack

"Odeh's message is built around the rarest commodity in the desert: water - hope." ① 1st Inf. for 87-93 2nd Inf. for 00-05

"Most white Southerners have settled the question to their satisfaction. They believe the students are chosen by the NAACP - hand picked by one of the crafty operators from NYC, where all evil finds its source, and paid handsomely for their services." (Shades of Ted Cruz jag against NY values.)

Mathew 25:35 PC: Helen Snipe

Philadelphia Pops March/ Country Club Todd Haynes Lunch/Toronto Empire Paul Crab Cake Melt Salopack



This is an astounding stat & I'm sure it has only ballooned upwards from 195 since 2010. A.I. tells me via Google that it now stands at 199.8

♥ it when I include a song lyric. "The Eagles"



all days in Bryn Mawr

January 21 - 22 (2016)

① I don't know how sophisticated Zimbabwe society in — I guess each culture is in its own way — but as an adult I do wonder just how irrelevant the Christian enterprise was there in the 1980s.

This song — & this specific lyric — is droned in Claire's nostalgia for me.

③ This is an apt description of me, too.

④ When Dad took me to Broadway, right around my 23<sup>rd</sup> bday, to see Les Miserables, Javert was the character who captivated him most. For me it was Eponine.

Blizzard Watch (people seem to subconsciously crave something to worry about)  
Hello, Adele  
Song For You, Tim  
email from Nikki C.  
Akasia Antidote  
1. Commitment Device  
ex. nails — Ted Cruz  
podcasts — while moving/hulling  
2. Reduce Friction of Starting Up  
ex. let go of all perfectionist hopes  
ambiguity playfulness/error  
time rituals 6am/8am/5pm/10pm  
3. Utilize implementation intentions  
Schedule 2 things I'm procrastinating about:  
Medical Insurance Monday 4pm! ✓ done  
Message Appt Call Wednesday 3pm!  
Blizzard  
Pantomimium  
Stones Closed! Wills sealed!  
Cupboards stocked!  
- Phillips essay  
"on not getting it"  
provocative arguments (re-read)  
- Honor Moore 2008 NYr  
"The Bishop's Daughter"  
Rt. Rev Paul Moore  
from NYTimes: "The writer of The Bishop's Daughter might say that, in some cases at least, people see what they are invited to see."  
Nikki C.  
(talk about my night-time temptations)

Fri Jan 22

(Yavin) Woke up @ 6am thinking about Claire's MASTER THE ART OF SHOWING UP

Wilkinson NYr on Gil Scott-Heron  
from Post Script: It may be true that no pop artist is embraced who isn't desperate to be embraced, and Scott-Heron was indifferent to what people thought of him.  
his mind produced ideas, not opportunities for  
"His nature was passionate but gentle, but there was the sense that he was trying somehow to find his way back to the self he had been that was so radiant and full of enthusiasm and ideas."

Copnik on Les Mis "the Movie" → prefer listening to Broadway soundtrack alone in car!  
Hugo love of contradiction tough to portray in an opera  
"what destroys JAVERT is not his implacable lack of compassion but his absolute certitude, which is inadequate to Hugo's conviction that life is inexorably twopathed, even when we struggle for just one."

COR-US-cate / kōro, skāt / (of light) flash or sparkle  
Plymouth Meeting Mall (Roscon's Pillow Sale)  
SNL Adam Driver  
Man Seeking Woman  
Brooklyn 99

Parfit: "I now live in the open air. There is still a difference between my life and the lives of others. But the difference is less. Other people are closer. I am less concerned about the rest of my life, and more concerned with the lives of others."

Thurs Jan 21

1 Year Anniversary of discovering Wislawa Szymborska via Copnik  
Wilkinson 2011 Postscript on Neutro  
Neutro empathically. His mind and spirit were capacious, and his friendship steadfast.  
Wants that, FOR SOME REASON, make me recall: Should, Absolute, Certain, Pious  
On his parents: Most significantly, both Norman and Jesse lost their faith. They disliked some of their fellow prisoners, some of whom were quite racist, and they were struck with the irrelevance of Christianity to a sophisticated Culture like China's. ①

"He disliked overhead lights, in which category he included the midday sun, but he loved the horizontal rays at the two ends of the day." ME2! (as per back)  
"Then there were so many facts we did not yet know, Parfit felt, so many distorting influences of which we were not yet aware, and it was always so easy to make mistakes. However hopeful the situation might appear, it seemed to him that, in the end, humans converged toward moral progress."  
(if true, are of morality contradicts laws of scientific entropy)  
ent-ro-py / entropē / : gradual decline into disorder  
William: "we are creatures of intimacy and kinship and loyalty, not blind servants of the world."

Larissa MacFarquhar "How to be Good" NYr 9-5-11  
evening: Boston Review interview

Anxiety  
↓  
Nails, Nails, Nails

1 Year Anniversary of discovering Wislawa Szymborska via Copnik

When did it not become enough to survive and prosper interrelationally? When did the sum of Truth become something we think we need for human fulfillment?  
Wolch Valley  
Golf View  
Simmons / C. Ryan  
NBA All-Star ballots  
Seared Pork Loin w/ Blackberry Sauce  
Asparagus  
Brown Rice  
A+

Seared Pork Loin w/ Blackberry Sauce  
Asparagus  
Brown Rice  
A+

Knausgaard  
The Terrible Beauty of Brain Surgery  
/ Albania, Albania /  
(it bubbles on the Adriatic)

Life can either be seen as a gauntlet of SHOULDs & SHOULD NOTs or can be viewed in the lens of COULDS & CONSEQUENCES (∞ leans toward the former)

② the AM & PM golden hrs.

was secretly gay  
(1919-2003)

⑤ Rev. Paul Moore, Jr. is a fascinating study in the King David like complexities & contradictions that can underlie 'respected' people once a veil has been pulled back & their secrets unearthed after death.  
His first wife's tombstone inscribed "The Loneliness & Hilarity of Survival"

I sort of agree. Well, I guess I do agree.  
(Parfit died in early 2017)



We are, in actuality, something we don't have the wherewithal to recognize."

January 23 — 25 (2016)

he would die, March 24th  
(age 66)

The rare snowstorm > half a foot in  
the era of warmer winters.

① This is dead on —  
he is the Archie  
Bunker energy who  
was educated at Penn.  
That complexity/  
contradiction undergirds  
his weird allure to  
people he never wanted  
to rub shoulders with.

NYr Day!

Mon Jan 25

5K

After work-out:  
Why would I ever not  
want to feel this  
good?

Jan 2010 archives:

-Arrived St. Croix Mon Jan 18

-Departed Sat Jan 23

Funeral was likely Tufel Jan 19/20

2 free days Thurs/Fri

Went to Hefron & very tired

of Jan — then back problem

W → G.V. Serial →

W ← B.S. Sal ←

Steak Salad & Sweet Potato

Pie

Q to revisit every 16 year

Am I morphing into Nana Dot?

Reply message for Latoya

① Lizza on Trump phenomenon

"When he talks about current events, he's akin to your  
Uncle in Queens who just read that morning's NYPost  
and wants to tell you every outrageous news item."

Jon Lea Anderson / Haitian Prize Michel Martelly

[Earthquake was Jan 2010]

Skilled 2006??

NYRB:

Martelly on

NYRB

5th Anniversary

Feeling Nostalgic Today

Lots of Email Searches

Reading Keystone. Notebooks, etc.

even with all the nostalgia humming last night,

just want to sleep.

2 episodes. Bored to death

ZZZ 9:15 — 8:45

"In public, he often urges Haitians  
to take charge of their own  
destiny, in a way that can  
evade Bill Cosby in his patrician pre-scandal guise."



IN CARS

Garry Standing

GETTING

The world is abandoned

of people — no one is outside,

but I am going to gear up at

9:20 and brave the elements

and walk w/ Gopnik in my ears.

(I'm about to do my impression of

a bit player in Little House on the

Prairie)

Snowy walks to/from GOLF VIEW

push car out near consignment shop / 3 runners / no one on road

skedders / red cardinal / Nov students sledging a keg

Whitney Cummings

HBO StandUp

Ward Aaron dream — woke up in a start

Sat Jan 23

IN CARS

Garry Standing

GETTING

Sedans on swimming

as a kid / his father

Joyce Carol Oates 2010 NYr

Personal History / marriage

"But in nature there is no

good, no evil, only life

warring against life."

— JCO

Simon's

Gopnik

Dinner of Claire, Clara

@ Indian place on 8th

Ave — yet can't remember

anything we talked about. Did

they see Chicago afterward?

Also: Olivia Hospital room,

winter 2006. She's 10 this

winter! The John Hancock

About 6 inches and counting

3 windy

DAILY REMINDER:

I don't have to "get it."

There is mystery, awe

and wonder (and often

excitement) in not fully

understanding. That's part

of what it is to be child-

like I think.

"The peace that  
surpasses all  
understanding"  
(phrase from  
doxology growing  
up)

Joyce Carol  
Oates... but  
reads as though  
it could be  
Werner Herzog

Scale! (one of my  
fav themes)

Had a weird day yesterday. The weekend of Saturday found  
remnants of a bit and maybe not running for 2 days had me extra  
other end musical — picked at my fingernails and just didn't  
have it in me to apologize. I realize that I continue to be  
amazed by what I experience as her somewhat straight-  
forward and pure personality. I think I'm somehow drawn  
to her and repelled by her (just like in DC) because it  
mirrors the relationship I had with my parents growing  
up. It's part of the reason I would guess, that neither  
from and I have the desire to make her compromise that  
we needed for a half-decent marriage. I'll find some of  
frustration and the continuity of life outside of raising a  
child. Anyway, I think the Nikki & friendship might have  
run into a roadblock. As usual, it doesn't really sadden me —  
I just don't want to deal with it. I have a month by  
myself here at the Redwood coming up and I want to fill  
it by doing myself: lots of cooking, walking, evening  
movie watching, talking to objects, etc. Until then, production  
of things.

Beautiful Walk to Golf View

Sun Jan 24

← Jechosapet (4th planet?)

(Singing) Eagle along Golf

Course Rd.)

Simon's / Schur / Morris

(Nontz Superman riff)

Snow shoveling w/

Mary Ann

Newt almost falling out of bed

He seems to be slowly headed down

the path Nonnie did. Gulp.

Walk to CVS @ NY Radio Hour

(Koch, Boxer, Junot, Playground sleut)

then thru Harvard College

Fingernail anxiety @ Sundown / Nikki's text: I feel "lectured" which never

elicits a good reaction.

Remnick Comment n:

Lepore: "Natural Born Citizen"

Calvin Trillin 1986 NYr "Emporia,

Kansas man murdered" / Rumors

Around Town 254

Broncos 20, Pats 18

Panthers 49, Cards 15

ZZZ 9:15pm

Bored to Death x 2ep

↳ This is an interesting contradiction in my character that Tiff helped  
me become aware of. I wasn't aware that I give off a pedantic,  
lecturing, "I know it all" tone sometimes. That it annoys me in others is  
rich given that similarity. ☺

A+

Writing with this  
kind of candor and  
self reflection is the  
best of journal writing.  
It captures the nuance  
& details of how I was  
feeling about things  
at the time. That is  
never retrievable years  
later by memory.  
Instead, it is over-  
written and corrupted  
by things that have happened since & the ensuing emotions. Turns out I did get  
married, I do have a hand in raising a child and I might even be half decent  
at the compromises needed!



my mornings are mostly the same, but I like it that way — a long walk, some coffee, entertaining/informative distractions in my ear. Welcoming the daylight again.

January 26 — 27 (2016)

• all days in Bryn Mawr, PA

"every morning the same"

revving doses of machine and office; every evening the same assault on my email queue; every night the same drinking from the same brain-dulling pop of pleasure.

"The more you pursue distractions, the less effective any particular distraction is, and I had to up my various dosages, until, before I knew it ...."

"Apparently, all it took for me to become aware of the emptiness of life and the horror of existence was to be deprived of human company for a few hours."

"On shore were breathtaking quantities of flies — the place's nickname is fly island."

"When I go looking for a new bird species, I'm searching for a mostly lost authenticity, for the remnants of a world now largely overrun by human beings but still beautifully indifferent to us; to glimpse a rare bird somehow persisting in its life of breeding and feeding is an enduringly transcendent delight."

Frizen name: Austen, Flaubert, Carver, Updike

(him) Rise of social mobility in 19th century when the novel appeared in England — along w/ possibility of ↑ mobility came increased social anxiety, which writers could exploit and explore. (Ian Watt)

"We now understand a novel to be a mapping of a writer's experience onto a waking dream."

it is preferable to "getting it"; the Frizen quote about pursuing distractions (which have an easier time maintaining equilibrium for me? — the ones who the big, initial shock of adrenaline); how it is becoming easier to just go to sleep without an orgasmic production to close out the night; how all the aid via NGOs for famine (Ethiopia '85) and relief from earthquake in Haiti (2010) war really spent; what are our collective delusions?

Wed Jan 27

"Many different and apparently contradictory things can be true at the same time."

Hesker short blog Egypt NY

Frizen "Farther Away"

Cancel Cook Jr.

email Patty

Schedule Massage

WTF?

1 inch off sides

1/2 inch off top

Patty paying me for EVERY hour, despite my email.

GV-WW

Simmons/Barkley

Kathleen Lange

G.O.

222 > midnight

"On Jesus"

Today was a good day. Good days are constructed from solid starts — waking up early; finding interesting articles; getting in my run; and navigating quiet to Golf View etc. It didn't hurt that Patty insisted on paying me for full coverage when she was gone. I'm trying to fall asleep early so as to wake up early to watch Fed/Novak in Melbourne. It is a Sisyphean task that Roger engages in with these 5 letters against Novak. But they are fun to watch nonetheless.

What are I thinking about: the YouTube potential areas where "not getting it"

1925

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Tuesday Jan 26

Child Welfare: most cases < 4 yrs old 1/2 < 1 year old

1837 "Once Tost" Victorian park Is this true? "For most of human history probably 7 out of 10 children did not live past the age of 3."

1922-67: Modern rebirth JAMA All 50 states passed reporting laws.

"Why did interest fall off after initial spark during Victorian and Progressive eras? Why the gap 1920-1962?"

WORLD PRIORITY SHOULD BE: EDUCATE YOUNG GIRLS & GIVE THEM CONTROL OVER THEIR REPRODUCTIVE RIGHTS!

[Me: That was one of the most depressing NYR stories I've ever read.]

→ GV Fresh Air Chris Christie bid → Philly The Watch / Jesse Thom (Aya Cash, R Ang II)

Pub & Kitchen Restaurant Week w/ Nikki Duck Liver Mousse, Chicken Wings, Mussels, Gnocchi, Skirt Steak, Panna Cotta, Chocolate Cake

Men In Blazers TV 2 eps (2 slices / piece of pie)

Shouty & Mummur NYC-LA

Lepore on "Baby Doe"

Boston Harbor

"It had every element of a developing cascade: outrage, pity, and sanctimony."

Williams

Finish Joy PC

40th down Market to Broad, then down Sanson to Independence Hall, to 3rd, past Thomas Paine, back up Spruce to 6th, then Locust to 11th

LOCUST BAR

RS @ 9:32

Had zero idea at the time that 6 yrs hence this would be my "work hood" so to speak — right across from Jefferson Alumni Hall.

Fed over Berdych

Serena over Sharapova

Novak over Kei

Tieman

Australian Open

Melbourne

5K HUAL

Williams

Finish Joy PC

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LOCUST BAR

RS @ 9:32

Had zero idea at the time that 6 yrs hence this would be my "work hood" so to speak — right across from Jefferson Alumni Hall.

The rare journal white space

breath in.

breath out.

relax.

it's all okay ...

(many, but most not clear in the present moment.

This is true of almost any **adrenaline\*** producing compulsion/addiction. (\*might not be the right word)

I feel this way even with birds that aren't very rare — only tough to spot seasonally, like my beloved male Baltimore Oriole.

A useful question is one Atul Gawande recommends for older people: "What does a good day look like?" Because how we spend our days in ultimately how we live our life.



January 28 — 30 (2016)

7 This is a top 10 theme of this Journal.

I'm a generation away from being a part of this "the world has left your constructs behind" cohort.

The genesis genesis of the **Ns** box as a short hand for Newt Skoots.

30s, 40s & 50s the early, propeller years... then jet engines took over.

"Self" & the perceived problems & disillusionments thereof is a endless rabbit hole leading nowhere good.

↳ That's 35x as many!!

The Danes! Seem like a well-adjusted group. Uncle Jim's people from way back.

(Michele never even met Theda)

Also a top 10 theme of these pages.

Friday, Jan 29

Hessler is angling for a spot in my NY's pantheon. Gopnik, Remnick, etc.

Peter Hessler "Travel with my censor" Lane, Lapore, etc.

"Individuals seemed more curious and open-minded, but the system had entered a phase of increased restriction."

CHINA 1.3b

Beijing

Fuling

Shanghai

Q. Jinan

Murray artists

Raonic 6.2 in 5th

222 8:30pm

WAKEUP CALL 3:30 - AUSSIE OPEN W/ FINAL

4.4mi HOR (extra)

CATASTROPHE 2 episodes

Newt Skoots

Podiatrist Andrew

Back itch (Bryn Mawr)

Flurries

Deep zzzzzzz in

Home BED

Garlinas

Very old people are psychological relics of recent history - movies, biases, obsessions - that seem in clearly dated, just as ours will soon enough. Every day w/ Newt reminds me of this. ie "girl" instead of "woman"

OUCH

Saturday, Jan 30

Fingernail Inspection Day

Seagulls Kefauver PC

First commercial flight London-NY was 1929 - was a 48 hour purgatory took their fenders across the street of intermingled train and air time, the to the pub, better to avoid flying at night, which early travellers were reluctant to do.

"By the early 60s jet travel was carrying a poetic dream as surely as the railroad had a century earlier"

- Adam Kirsch on Goethe

Goethe it: The Age of Goethe 1749-1832

"Throughout his life Goethe published scientific theories and discoveries, most of which were wrong and roundly ignored by scientists of the day. But... Goethe found in science a necessary distraction from self."

"Often they finished the lineup and took their fenders across the street to the pub."

- Heller on Flight "Air head"

"A part of me is sure I'll die every takeoff, yet I need to feel that panic and lift or I'm hopeless. Flight is the best metaphor for writing I know."

In 1960, 100m people flew. In 2000, 2b did. Today, 3.5b fly every year.

(Is there a battle between jet planes and smartphones?)

Q: How crucial a feature of our consciousness is REGRET?

WWI: Commercial aviation was the afterglow of a campaign for terror in the skies.

Williams

Kerber

6-4, 3-6, 6-4

The German wins as I read about the German Goethe

Denmark 5.6m

Copenhagen

Is there a deep inner sense of VALUE?

Complications & contradictions reveal character. They don't negate it. Our minds yearn for consistency in ourselves and others, but that's less often the case behind the veil of what a person wants us to see or what we want to show the world.

WOW... the problem with making a virtual world of oneself is akin to the problem with projecting oneself into the cyberworld: there is no end of virtual spaces in which to seek stimulation, but there very endlessness, the perpetual stimulation without satisfaction, becomes imprisoning. To be everything and more is the Internet's ambition, too. - Franzen

→ G.V. Finish HOR

→ W.W. No challenges Same on Radio

Acme Run

Nonan in red car

Mahi-Mahi w/ Honey

Ginger Glaze Brown Rice

Marbled Butternut Squash

dinner discussion about Theda's estate and some of it (at least only ~ 10k) going to Michele via John. Joke about me and Del getting up on Dad.

↓

This still seems absurd to me, but it is what it is #accept

Thur Jan 28

Novak destroys Fed 6-1, 6-2, 3-6, 6-3

(cont) Franzen "Farther Away" ★ 5k HOR/ATO

re: DFW "Those who know David least well are most likely to speak of him in saintly terms. (When is that not true?)

"The funny thing about Cruise is... he never becomes bored... The modern craving for stimulation is wholly absent."

"I look'd now upon the world as a thing remote, which I had nothing to do with, no expectation from, and indeed no desires about..."

(paraphrase) It is better to accept finitude and incompleteness, to leave some birds forever unseen. The ability to accept this is a gift that some people, like DFW, are not given.

ACCEPTANCE has been @ the core of my transcendent experiences. 1741

Listen to:

Tedeschi Trucks Band

"...and St. Nicholas park is not a dilapidated park!"

Maruca (She seems to constantly be on her period - it's uncanny)

Happy 3rd birthday to little Taylor, my step-daughter, although I had not met her yet ... and wouldn't until ~ June 2017.

→ just like Ralph Abernathy & MLK. RA's memoir about his time with MLK (they were best friends) show his complications (w/ adultery esp.)

→ I had glimpses of this feeling 5 months later when in the most remote sections of walking across rural, northern England.

① Accept what "is", rather than constant striving for what I think "should be"



Bryn Mawr (Mom & Dad head to Africa for a month)

January 30 — February 2 (2016)

**Monday, February 1st** (The Double) 1st

**Comedians In Cars Getting Coffee**  
(Sebastian Maniscalco) Intelligence  
Veritas Robot Kinney

**NEW YORKER Anniversary Issue**

**Iowa Caucus**  
Dem (W): Tie! (Hillary) → GV  
Iowa Caucus → WW  
Finn Rogan/Burress → WW  
Zora, Nicole audio Simmons/Tibs

**Rep (W): Cruz**  
Dropped Mom & Dad at Airport w/ their huge bags. Month to myself starts... NOW! (222) 10pm

**Newton's skoots: A Taste of Britain**  
w/ Carol & Daryl Waters  
Chicken Pot Pie & Buttermilk Soiree  
4th Anniversary: Wislawa Szymborska passes away

**Canadian, my ass**

**Ted Cruz**  
-Zadie Smith 12/17/12 NYR on Joni Mitchell  
"Perhaps this is only a story about Philistinism. A quality always easier to note in other people than to detect in yourself."  
@Tintin Abbey "In all the mess of memories we make each day, and lose, I know that this one would not be lost."  
US Marathon Trials  
-Michelsen (3 Trials in 1932)  
Original Distance was 25 miles/40k (distance from Marathon - Athens)  
First US Olympic Qualifier was the NYAC 15-miler in 1900, won by a 17-year old.

**Tues, Feb 2**  
→ Hav Library  
The Watch  
④ Tired and failed to get Hamilton Tix (insane pricing)  
→ WW  
Home Kohle/dog  
Acme  
From Disgrace:  
"His own opinion, which he does not air, is that the origin of speech lie in song, and the origins of song in the need to fill out with sound the overlarge and rather empty Human Soul."  
Notion of truth vs Authenticity

**SK**  
Death, sex & money  
Sky jumper

**To Do:**  
Platypus  
Call Andrew?  
Email/Rachel

**5 GUYS**  
Hopped up on Cortisone  
-APOLLO 13-

**W.W. G.V. WTF**  
NYR Radio Hour  
Saxby's Caramel Mach (Go/6 reward)  
Recordings on Soundgasm  
→ Nicole (Cornell); Zora (Philly): Long Beach  
London Spy pilot

**Sat Jan 30 (cont.)**  
CIVIL TWILIGHT: 6:43 am - 5:46 pm  
4.25 mi 10/6  
MiB sweat

**Confirmation Bias:**  
"Boethius assiduously avoided marriage for as long as he could" On a new page before sunrise  
(married at age 57)

**Newton's skoots:**  
-Meeting Death with Words NYR  
"When the elderly face death, they dread losing what they've had. When the young face death, they dread losing what they haven't had."  
"The promises of religion are replaced by the promise of science, yet medicine fails to vanquish its ultimate foe, instead rendering death more obscure, a matter for predestination."

**5 GUYS**  
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NYR Radio Hour  
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→ Nicole (Cornell); Zora (Philly): Long Beach  
London Spy pilot

**Sunday Jan 31**  
Post Day  
→ G.V.  
Rogan-Burress  
→ W.W.  
Nicole's new

**Djoker in 3 over Murray**  
(insane long rallies)  
back-to-sleep 6:30-9:30am

**Newton Notebook**  
• Last night was up all night, prescribing X-rays, looking for packages, thinking Mini had stepped in giant Cortisone growth, and it took away.  
Drive CityLine, Wissahickon, Henry, Ridge, Conshohocken, Saxby's... nap.

**Bad Omelette** • need a non-stick pan  
**Dzodzorme Sneak Attack**  
Audias:  
Zora & Nicole  
Nail Discolor

**Neal Brennan!**  
a comedian from my exact age cohort (b. 1973)

→ spending so much time with John, the Newt

① This was for their trip to Cape Town & Zimbabwe. It would be their last intl. trip together & would see a flare-up of my dad's anxiety attacks in Zim.

② Trump didn't win, the first Iowa Caucus—huh! We had no idea what was to come!

④ Tiff & I would end up going as guests of Julie & Robert in Oct. '19

"the overlarge & rather empty human soul."  
Beautiful!

J.M.  
③ Coetzee is still alive in 2024, age 84  
He is one of the most fiercely observant minds I've ever encountered in writing about the complexities of humanity. Nobel Prize Laureate.



January 3 - 4 (2010)  
February

has always been my fav weekday

I didn't plan it this way, but for my 50th bday I bought myself a Zadie novel - "Fraud" in Cape Town, SA

fuckhound = quite the word choice. It did make me laugh - very evocative.

An afternoon walking in Philly.

[Frika] fav LIVE bands:

Bowie/Life on Mars

Nina Simone/cheeky

Adèle/Beats/Future

Pop/Rock (underground)

Pop/Rock (underground)

Pop/Rock (underground)

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Thursday, Feb 4

me, sun' Thursdays (mid-week / speed week)

- George Saunders "Mother's Day"

"And Alma, newly dead, would stand there, stunned like, I'm having a realization right now. Who was correct? Debi. Who was wrong? Me, Alma. Then they'd show the movie of her life, and Alma would see what a fuckhound Paul was and that would really drive it all home." (M)

- Marcia Clark INT @ Vulture: Racial Dynamic on Jury / now fully understand what I saw at Cornerstone that day in 1995.

AGME (Groot) (Maggie) (Robert) (Walk: Walnut - Rittenhouse - Luke's Labors (Re-Listen Bill Barot) YUM \$16 Roll



Martin & Cindy Crawford ... also, Pasca + Eisenberg = wit overload Thanks Lobby

Cafe Frieda (320 Walnut)



(I'll let this speak for itself)

After 1 + 3 CB + Philly = GULP (22) 1am

Hot Apple Cider !! Nisole (No Thx) Free Day! (Robert) (Maggie) (Walk: Walnut - Rittenhouse - Luke's Labors (Re-Listen Bill Barot) YUM \$16 Roll

Food Truck Rodeo (Fazgi Taco?) What is it about a truck that acts like a magnet when a street front we'd walk by? Cooking is sweet and a savory! Beef Wellington! (YouTube Chat) DAD: Adventure buddies! Not having to share bathroom/kitchen

Katrice Called Re: [PC] Called me "her first crush" After 1 + 3 CB + Philly = GULP (22) 1am

Yawn! 3am! couldn't get back to sleep.

Zora Audio

~20 min

5K

Simmons/Sal Prop Bet

THE PEOPLE vs O.J. SIMPSON episode 1

Newt's Skoots

Bittery, Malvum w/ Patty and Mimi

SNOW FOG!

Guest/Night Exchange

Late Afternoon Interlude (2hr)

Steak, Salad w/ Avocado

SNL-DVR ....

Rainy Drive to Langhorne

How to draw rain?

Whisk watching Bored to Death

When the cats are away, the mice will play (w/ themselves)

I filled in teaching my Dad's Wednesday night ESL class for the month of Feb.

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Wed, Feb 3 Mom texted that they had arrived @ Margaret's.

- Zadie Smith on Toni Mitchell (unt.)

... But we can choose whose children we would like to be.

Zadie: the child of the novel / Garth: child of the walk and the witness

"Faith involves an acceptance of absurdity."

"The worst possible thing for an artist is to exist as a feature of someone else's epiphany."

- James Wood / Garth Greenwell novel

"Maybe it was just that I wanted the world to have meaning, and that the meaning I wanted to have was chastisement."

- Elif Batuman "Cover Story"

"Because I spoke Turkish imperfectly, smiled a lot, and often traveled alone, I got a lot of lectures from men, particularly taxi-drivers. Some were secularists; others, those with the most religious paraphernalia in their cars, didn't try to make conversation."

"Nobody has everything; everyone is trading certain things for others."

& that's... ok (as Stuart Smalley would say on SNL)

LANGHORNE CLASS

- Norwegian Author Story

"Do you believe some people have healing powers?"

Though/Although/Despite/ However exercise

Elena Irina Stephanie Maria Ana Ardisia Paul

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• home in Bryn Mawr alone - parents in Africa.

February 5 - 7 (2016)

the worst/coldest of winter months.

As it turned out,  
we 'shared' Grasmere  
& Kendal as destinations  
Keats had walked thru  
178 yrs before!

Keats: "Then instead of what I described, there is sublimity to welcome me home - The roaring of the wind is my wife and the stars through the pane on my childhood."

Keats walking thru 18th C. Disturb, etc.



Sunday, Feb 7

BERN YOUR ENTHUSIASM

Sturdy Basby: Dirty Dancing WU • Zoolander Ted Cruz: from the side I look like a Far Side cartoon.

A fertile solitude is a benign forgetting of the body that takes ease of itself... a productive solitude, the solitude in which what could never have been anticipated appears, is linked with a quality of attention.

brainpickings "I'm a past Freudianist - I believe we repeat our penile patterns not out of black compulsion but because this is how we evolve."

-In Search of 40 Winks, P Marx NYr

"According to scientists... the quality of slumber has more repercussions on your happiness, intelligence and health than what you eat, where you live, or how much money you make."

Capacity for solitude, Learning to enjoy my own company, curing a clog, the lineage of Nana Dot

SB L @ SANTA CLARA

Sal/Simmons have Denver + G

Watch previous 2 Super Bowls w/ John: Sealiquis are Denver (2014)

Patents were Sealiquis (2015)

2013 Super Bowl in South Carolina

2016 FINAL: DENVER 24-10 (You didn't miss much, John)

Panthers punished by Cal for their homophobic (and)

PANTHERS

S Nicole Cornell

9am S Sharda

4pm S Erika

7pm

blowout close game

Newt's Skoot - Old Gulph, Upper Gulph, Eastern Colby, Wawa, Hot Chocolate, Low Energy Day

= Yikes! Quite the day of phone excitement 10:30pm

This drawing has shades of the stylings of a Christian comic book from my youth - "Up From Harlem" by Tom Skinner (Spire Comic) google it...

Comedians

WILL FERRELL

Q: Difference btw Subjectivity & relativity

Searches for objective truths

in regard to anything pertaining to the numerous or the personal

is fraught w/ pitfalls. Each person has a story that presents itself as truth to them

Twilight walk

Finday Rollin' BS / Ludington NY Times Research / Areme

Ham Steak / Mac Cheese / Cornbread

Pumpkin Pie

over ate

9pm

Randomly thought about Sarah and her kids waking up on a Sat morning. She has so many people to worry about, I have so few. I don't like to put expectations on people - but as a parent that would be a challenge, even greater than the stress I experienced as a teacher. -me

222

10:30pm

110

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Friday, Feb 5

"Six Months Dry" by Rebecca Chokorus

"My ex turned to her red-cheeked lover and kissed her on the lips. They both laughed, delighted with themselves, and I sensed the relationship was new."

Newt's Skoot

St. Bas - Ennerdale Bridge

while sleeping read

Dance: Sugar, Uptown Funk, Viva La Vida

Troncelletti's

1932 Marathon

Finding Your

Courtney Okolo 51.16 @ Nebraska

45mi BS/Rapp

6/6 week

Yeah, boy!

Saturday, Feb 6

"Forced Out" re Milwaukee, Eviction

"She had an understanding with the universe that she could start with nothing, and, through her own gumption and intelligence, come back with a good living."

"Poor black men were locked up. Poor black women were locked out."

LEICESTER 3

MAN CITY 1

10pm

3:05 New HS Record.

Miller's Crossing (1990)

Armory 800m

Ajee vs Laura & Gault

Alamy & Schappert

w/ Ajee & Roessler

3/4 Sharp & Gault

Men's Mile

Voltare

3:05 New HS Record.

Miller's Crossing (1990)

3000m: 7/11 w/ Hall vs

Hesay & Reid vs Bates

w/ Hall & Reid & Rumpf



Reply All

Erika Audio

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while sleeping read

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w/ Hall & Reid & Rumpf

110

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① First journal note of planning for July-Aug walk across England!

Impressive bed time for having the apt to myself!

② Sarah S. was someone I taught and lived w/ in '95-'96. Saw her in summer of 2015 at a reunion. After this, her husband would admit to & be charged w/ sexually abusing one of their adoptive daughters.

Twins training around the USA.

utterly forgettable

Four months into starting to journal daily, I was firing on all creative cylinders in terms of having a nice mix of drawing, quotes & documenting my daily life. I'd keep the discipline of writing something every day for 8 years, but the level of creative effort I employed ebbed and flowed - I'm glad I had stretches like this to look back on, when it was still fresh-ish.



• Home alone, continued...

February 8-9 (2016)

(Yawn) 5:40am

Geography Today:

9 Connected Countries that have...

a suffix -an.

Azerbaijan; Iran; Kazakhstan;

Uzbekistan; Turkmenistan;

Kyrgyzstan; Tajikistan; Afghanistan;

Pakistan.

1994-1996 First Chechen War

(Nationalist Resistance)

1999-2009 Second Chechen War

(Russian launched to curb Islam, Separatism)

to Chechnya's leader Kadyrov: (Muslim)

He is a skillful and popular politician,

one of few in modern Russia, where nearly

all officials tend to be chummy functionaries.

In 1944 Stalin ordered the entire Chechen

population deported to the steppes of

Kazakhstan. (!)

Kolitzkovskaya (later murdered) wrote that

Chechnya is "an old story, repeated many

times in our history: the Kremlin fosters a

badly-drawn, which it then has to keep

feeding to stop him from setting everything

on fire."

- Yaffe NYr on Chechnya's ruler KADROV

I read the NYr to be reminded of how little

I know about everything, not so I can pretend

I understand what is going on in the world.

The complexities of almost any issue is going

to elude the grasp of I person.

Tuesday Feb 9

civil twilight 6:33am (still pretty dark)

- Copnik on the Super Bowl

- Omos on Rubio's stumbles

"It was his version of Dean's scream, a moment so

brief that its effects can seem ridiculous but

long enough to confirm voters' creeping sensation

that they were not ready for him to be president."

Skoot w/ Neut

- Wine store/Greenfield

- Viva Video

- Radwyn

"Bebe's misadventure"

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

Serial + Marion

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Serial + Marion

This is one of my rare NSFW sketches that 'work' - aka are still evocative. Long legs. Big Ass. Bald Head... can't lose!

miss...so Instagram

Cooking to YouTube R&B

Dinner w/ Ms Feagin:

Salmon w/ Lemon Butter Sauce, Rice

and Salad.

This Ain't Star Trek

Uhuru Sam

I was diggin' the

Fleshlight in Feb '16.

my re-telling of Paul Simon's "Duncan"

my father was a preacher-man my mother was a preacher-man's wife & I was born with the communion cups & broke broken bread

Pakistan honor killings ...

American duels were honor battles

When a society values HONOR so

highly, what does that say about

it; the external versus the internal.

Educate Girls & give women power

over their reproductive activity!!

"A Girl in the River" H&O-March

Here the thing

Esra Pekko Salonen

LA Philharmonic 92-99

Musical Director

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Serial

Monday, Feb 8

James town landing May 1607

Spainiards St Aug early as 1565

"I'm Captain John Smith," Lepore, NYr 2007

They seemed to make nearly every possible mistake and

some that seem almost impossible."

Grt Smith there 07, 08, 09 (roughly our time in Zim)

Tales of hunger: "One of our Colliers murdered his wife

Ripped the Child out of her womb and threw it into

the River and after Chopped the Mother in pieces and

sallied her for his foode." WTF

By 1620s it had turned a corner, despite mortality rates

as high as 70-80%. "Hence, the American dream arrive

empty handed, work hard, and get rich."

FACTS CAN BE PRESSED

UP AND PRESSED INTO SERVICE OF

ANY NARRATIVE A STORYTELLER

BELIEVES, ESP OUR SELF-STORIES

Pilgrims (Plymouth) 1620; First Slaves (Jamestown) 1619

Two ideas (kinds) Liberty and Slavery

Contradictions don't indicate falsity, they reveal the

complicated nature of truth.

English had tried and failed to settle Roanoke 1584

The injury that sent Smith back to England's severe

burns from gunpowder bag in his lap caught the

spark of a tobacco pipe and exploded.

Pocahontas: was no older than 14 when Smith left

and - in reality - married colonist John Rolfe 1614

She visited England in 1616 (that must have been

quite a sight)

Last 22 years JS spent in England writing - never

married, nor had kids. Smith died poor & scorned

it seemed, dreaming of adventures he couldn't take

coming AM - Tues. night

224 9:30ish

Kayla Bares 2:03

a far cry from the John Smith & Pocahontas version in Disney Listen to: Colors of the Wind by Vanessa Williams

1607-1617 in Jamestown, VA ~~hard~~ hard pass!

Love how all the spellings are just a little bit different 400yrs ago.

Top 10 Theme Alert!!

The #1619 Project would come out a few years later & create arguments among historians & on social media.

My take - it was a work of journalism/activism & fine as such. It was not academic level history.

4 years later, my buddy Ray married a gal from Uzbekistan & then visited for a month in Sept '24.

I need to remind myself of this often because by nature I can be didactic in conversation & come off as a know-it-all even on topics where I know very little.



February 10—14 (2016)

Beware thinking:  
"This is how  
SHOULD turn out"  
& then getting attached  
to that outcome.

My last V-day as  
a single' guy: by  
2017 I was kinda-  
sorta-mostly dating  
Tiff.

① In Feb 2005, I  
briefly quit my job  
at Geneva G—  
because my boss was  
giving me too much  
work. Another VP  
convinced me to come  
back & restructured  
my role. I'm glad I did.  
So many good things came from  
continuing to work there.

Divided into 3: Years of Common Era  
0-1672  
673-1345  
1346-2016

Saturday, Feb 13

3 Frigid 3 Feels like 5°

6 for 6  
Thrice times  
a charm

— Peyton Manning expose  
NY Daily News.  
Ray / Pierson

OLYMPIC TRIALS MARATHON  
Fellas: Rupp 2/ Meb 3/ Ward  
Ladies: V. Claay 3/ Davila 3/ Flanagan  
TO GV: Fresh Air: Zach, Dupless  
TO WW: NY Radio Hour  
Found Pencil!

Richard, the Lion Heart,  
felled by axes 1199  
(817 yrs ago)

"History is nothing so much as the act  
of canonization—amendment upon  
amendment upon amendment."  
"But there are no CERTAINITIES in history. There are only  
struggles for justice, and wars interrupted by peace."

ANTONIN SCALIA  
1936-  
2016

Twitter-verse  
"I thought he was PLO life"  
Jokes about funeral like  
Founding Fathers  
Immediate Politization

22 9:30  
I was on a roll!

Happy Valentine's  
Day, Garth!!  
Love you kiddo

Sunday, Feb 14

— Lepore on Woodrow Wilson  
The only Pres to earn a PhD and then  
lost to write his own speeches.  
Contradiction @ play: The country and  
world doesn't turn on the actions of one  
man, yet Presidents wish it were true  
and their biographies often travel down that tempting narrative  
Wilson was son of a Presbyterian minister (from was a  
minister's daughter)  
If Wilson was a liberal Christian in the  
early 1900s, I'd hate to hear an illiberal  
Christian's views on race! (For all his progressive bona fides he  
couldn't see racial or gender equality ahead of his time)

Do we love the romantic  
partner for who they ARE,  
or for how they make us  
feel about ourselves? And if  
it's the latter, can we give  
that to ourselves instead  
and not need the external  
validation.

YouTube  
Kyle Mooney v  
Kayne Rap Battle

Nature  
Trail  
Dining Ad track

NB Indoor Invitations!  
Musci!! Willis! Rollins!  
NBA All Star Intros (Over the Top)

— Patricia Highsmith backstory to 'Carol' movie NYr  
tale of seduction, littered with alcoholism, and people not being  
people to who they are. Let people define their own minds.

Skoot w/ Neut: B&N by Gateway 11th Anniversary of  
"quitting GG" Bought year's worth of journals.

I lost this bet (it was re: would Trump  
win the Republican nomination)  
I then lost this SAME bet again this year (2024)

Wednesday, Feb 10

SUN SNOW  
NARNIA-LIKE

Skoot w/ Neut  
Farmer's Market Day  
Went on in fishnets  
looks when in w/ Neut

— Vagabond by Guy de Maupassant  
FUNNY & DIE "The Art of the Deal" on VHS  
Sabrina Cafe breakfast w/ Carolyn-a. Harolabob NBA  
Simmons  
Homework  
Anthro reading  
Cartoon homework  
(Anna looking fine again)  
this Russian jaw

Lesson Plan

3.5mi then 200m to Langhorne

more Lake District plans!

Thursday, Feb 11

5K HOP

Neut Skoot to CVS Tears  
"Valentine's Day Carol"  
Brussell Sprouts  
w/ Bacon & Balsamic Reduction

— Magical Dinners 11-22-10, NYr  
GV "House of Rum"  
WW Simmons/Michaels

22 good job!  
9pm

DVR clean-up: OJep 2; Man 6; Woman; DVD Before Midnight (skipped)  
this Richard Linklater

Friday, Feb 12

— Rascal, secondul, 11yr, toward  
and puppy, these were fighting  
nods and anyone who barked  
than at an opponent was asking  
his life.

White Dog Cafe  
w/ Neut, Patty  
Turkey Burger

INDAMIDDLE of the NIGHT  
(was seized by the impossibility of  
comprehending the origin of matter that  
was involved in the Big Bang.)

Sept 14, 2015 LIGO detected  
gravitational waves (theorized in 1915  
by Einstein) from 2 HUGE black holes  
colliding over a billion years ago, which  
were just now passing through our solar  
system.

philly: Society Hill → Chestnut  
→ Arch - Ray's Coffee  
Mickey Rourke / Allee  
w/ Erika  
Drove Home d Hamilton  
Human Comedy 10pm-12am

4.5m  
Fresh Air  
Lepore

The oral ballot  
vs secret ballot  
vs color ballot  
brought with you

Here lies  
the failed  
attempt  
to sketch  
Phila City Hall

yet another mystery that  
I believe is beyond human comprehension.

aka phone lines

My second  
ESL class  
in Langhorne.

I really like  
this sketch...  
not butchering  
the face makes  
it more affecting.

movie has one  
of the most  
devastatingly  
realistic marital  
arguments in it  
I've EVER seen.  
3rd of a trilogy.

They aren't  
all winners

② We all are mostly products of our era



• Start of dog sitting for Spencer in Wissahickon

February 15 — 16 (2016)

Ice Storm overnight

slushy 1st walk (AM)

Yuk! It's

Summe

grapefruit & water

3:30 Walk w/ Pukis / Wissahickon Trail

4:00 Walk by myself into Manyunk and back

Pukis still desperately keeping watch outside

10pm Pukis FINALLY ate something: a little calzone, then some hamburger

Brainstorm for Class tomorrow

Feb 14<sup>th</sup>

I can't believe it's almost summer and the old bus golden age is for V-days

Guy sitting at desk trying to come up with a comic, angel on his shoulder.

Happy V-day

My name is Rebel

Not so much Petey

Strong Ciders

Avocado y Tortillas

Ultimately went with a Petey the Pedo, Valentine's Day edition

go forward three pages & you can see what Petey the Pedo is — a cartoon centipede that my dad used to draw

sometimes on his birth days (June 21)

Tuesday, Feb 16

Day 1 in Wissahickon

"Sad Pukis"

Ulti Rich Chinese in Vancouver

"The business of translation," she sighed. "It's harder than people realize, and there isn't the vocabulary in English for everything" (use Wed night)

Newt's Skoot:

Not much; drove in pouring rain then back out

Q: Why did I eat that

Giant scope

10pm Pukis FINALLY ate something: a little calzone, then some hamburger

Season 3, The Americans

Brainstorm for Class tomorrow

New Yorker Daug  
- Lepore, Finnegan, Accolla, Lane, DeLillo

From Briefly Noted  
"Today's errors (in language) tend to become tomorrow's correct usage."

• Park @ Harvard College

• HOR w/ Tim Layden

• Skoot w/ Newt: Wells Fargo, then snowy drive down

• Self-talk: Lot go of wanting Ray to realize he is obsessed w/ looks and age because of his complicated transference issues. He is who he is. Accept it.

Crawl down City Line TO Wissahickon

around W park w/ Pukis and Spencer

Dinner: Biggest Calzone EVAH!

(enough for 6-7)

Strong Ciders

Avocado y Tortillas

Monday, Feb 15

Feels like 90°

5k

- Lane on Zoolander

(Aaron, Paul & I must have seen 1st one in late 2000/early 2001)

Suffice to say, Lane was not amused by this new one, and it bombed on opening weekend ~15m

On "A Wat":

"What Lindholm wants to establish, though, is a continuum of anxiety."

- Lepore on Populism

Rubio: "the establishment's last best hope, not too weak, not too mean, not too wild, not too bland, the G.O.P.'s Goldilocks."

"The people who turn up at Sanders and Trump rallies are used, across the aisle, in bonds of populist unrest."

"Revolutions in communication tend to pull people away from elites" [Catholic Church/Reformation anyone?]

WHAT I don't like about all politicians: a sense of projected CERTAINTY. Feb, I don't buy it.

Lasting thought: The beginning of the 7th & part / system? Atomizing of voters, just like TV viewers

Trump is a man without a party. — This has been proven NOT TRUE: he has changed the R party to his whims.

Opening Song To Hamilton daps the

at the GRAMMY'S

"What's my name, son?"

& Rubio's wave never crested in the face of Trump's effective rural populism.

Social Media, y'all!



① This was a classic man v. tiny dog battle that tickled Dr. Spencer to no end - & about which I never told Spencer & Dalia (Pukis' owners)

or else they would have been mortified. Long story short - when I pet sit, near catastrophic things happen.

(Pukis tried to escape once off leash into Darby creek - & I had to soak myself to go in and get him)

• dog sitting in Wissahickon

February 17 - 19 (2016)

DISTRUST ALL FORMS OF UTOPIANISM - personal and Political

★ Re-read Pukis' piece on "Turned Around" 2/22/16 "The pull of certainties"

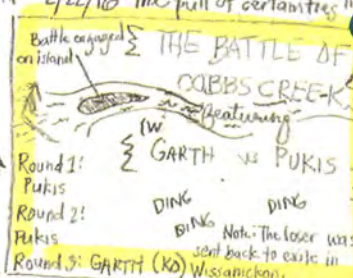
Non-descript Thursday night @ 223

Gulag - Nap - Walk - Phone Line

Asleep @ 2am



Floss night (def): 75 days, aka the amount of time to go through a pack of floss



McConnell: A chinless dildó

SAM BEE

Dad in Zine

Newt's Skoot:

Ruby's Ardmore: cute waitress w/ the distinctive nose - a cuter Angel Picinillo was tempted to write my number on the bill. I hope to see her around.

Fri Night in Manayunk:

Walk thru Main Street

End of HOR, Orbital Path

re: Antarctica Infrared Telescope

"Ensenada Tacos" y Sangria

and 2 Insomnia Cookies

Last walk + Hamilton Affair

research + {S}

= Asleep @ 10:30pm

Friday, Feb 19

Nussbaum on Vinyl & Billions

"When I watched Amy I got obsessed with how fun it looked to be a 1970s white guy. Tight avocado pants! Before AIDS, after the sexual revolution. Women in charge of the hors d'oeuvres, smoking in the office and a strong moustache game."

"Billions evokes a deep American longing, for a sort of wealth that doubles as the ultimate masculinity, a power revenue that is hyper-visible this miserable election year."

"Hmmm" "Corruption is endemic"

Zadie Smith, NYRB, on Kaufman's Anomalisa

"But Michael never reaches this awakened consciousness: like so many of us he remains stuck between those twin poles of want and boredom."

Bookmark that shit to re-read.

R.I.P Harper Lee

1926-2016 (89)

The only personally signed book I own

friends called her "Nell"



Harper's sister, Alice, lived to ~103yo. She also had a brother who only made it to ~31yo.

my drawing of a younger Harper Lee looks like Hillary Rodham

Scene on Radio

Manayunk - WW

"Losing Yourself"

Newt Skoot to Farmer's Market: Typical Wld.

Gradual loss of grip on reality

Trump supporters tend to show the feelings

see his bluster as possible remedy.

Ep 1, Season 2: Better Call Saul

Ep 2, Season 3: Americans

6:45 Pukis walk

Any man who is not a socialist at age 20 has no heart. Any man who is still a socialist at age 40 has no head.

- Churchill ... Lloyd George?

Where is the land btw the binary poles of certitude, where it is una to be muddled, when purposes aren't always grand and feeling justified and validated are an inner journey that doesn't have to be evangelized.

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Wednesday, Feb 17

8am Walk Pukis around the block.

8:30 Type up next week's homework.

- Finnegan on San Bernardino Terrorist Attack

"Terror is jihadism's most frightening weapon but not its core. Its ideas, which can be summed up as Muslim supremacism, are its greatest strength. These ideas are righteous, utopian, salvific. They promise to relieve an enormous experience of impotence and humiliation"

[World-ending ideologies offer young people excitement, counter culture]

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(most) ~~all~~ really bad ideas have these characteristics these feelings are a powerful aphrodisiac!

Humans are so skilled at our behavioral self-rationalization

This is a tough balance to find, a Narnia of the mind if you will. But where is the secret door?



February 20-23 (2016)

back in Bryn Mawr

would later get fired by New Yorker for being on a Zoom & 'unwittingly' exposing himself LOL!

Feb 23rd was the last day of my first Madeline Journal.

HI-larious

Top 10 All Time Songwriters for me

Toenails keeping me from my appointed rounds on the treadmill - that's a big 'Feh' see

-Toom comment on Scalia he drops the hammer. Looking backward rather than looking forward.

Cornas on "Father Mike" Chicago In 2015, 468 people killed in Chicago, higher than any other US city. Nearly 47% of black men in Chicago btw 20-24 are neither in school or working (National avg black men 32%) No: That article on Chicago left me w/ the same feeling as the one of Newark education - the challenges are so layered, so systemic, and will continue to run headlong into the more selfish and fearful characteristics of human nature.

Henry Adams: "Chaos was the law of nature; Order was the dream of man." War of 1812: America started the war, achieved none of its goals, and the peace treaty merely restored the status quo.

Random Creator: John Trice

Spotlight Angel from Montgomery (1991)

Marginal Restaurant w/ Nikki (Scallies)

SW Philly Restaurant

Monday, Feb 22

Sunny w/ a chance of sinus pressure.

-Bennymen in NYRB

"It is precisely the triumph of the best Dream songs to perform tragedy and comedy simultaneously." "In January 1972, at the age of 57, he killed himself by jumping off a Minneapolis bridge spanning the frozen Mississippi."

Skoot w/ Neut to Buy

Simmons House

Man Seeking Woman Otep 3

Hot Dogs + Tomato Bisque (Don't want to usurp tomorrow's feast)

LAUNDRY + creepin' online

S Nneoma (up to Nneoma things)

Christy

Together: ep 1, s. 2

Tuesday, Feb 23

Yawn 6:30 Toe still throbbing

-Mr. Money Mustache, Baumgarten

Q: How much \$ do I spend a year?

"My focus has always been on time." Here, here!

9:00-10:00 Engaged in the Human Comedy ⑥

-Caleb Carr NYr 10/22/12

What was the War of 1812 even about? And what the F did it accomplish? War is just about Respect: "when war started only 10-12K in the Army, its officers were 'sunk into cloth, ignorance or habits of intemperate drinking.'"

"A war tests a nation's strength, which consists, practically speaking, of its citizens' willingness to die for their country and give it money." In 1814, it faded. -FIN-

Take it easy JOG 10m bump

"One Last Time" w/

Rukis

Leave for DC @ 8:45

Saturday, Feb 20

Yawn 6:30am

-DeLillo "Sine Cosine" NYr Fiction

Road Serial; DSM Michael Igann Black

On Being → Joy is Happiness that doesn't depend on what happens That is what my god is - what the Peace Pilgrim represents

① Tennis Courts Full ⇒ Sweetgreen ⇒ Monster Nap

Nightcap: 1/6 1/2's 1/4 We The Pizza 1/2 Step Brothers 1/4 SC Primary Post

Inside jokes: Prestige Winclunder/ Catalina Wine Mixer ② 11 bells

Corden/Martin Cappel Karaoke

Restless Sleep (awake 1:30-3ish)

Shout Now: Flat pillow

(Dems)

1/4 Hillary 53%

1/4 Sanders 47%

Vegas baby, VEGAS

Nebraska

Results from yesterday

(R) Trump 32.5

1/4 Rubio 22.5

1/4 Cruz 22.3

1/4 Clinton 18.7

1/4 Obama 17.0

1/4 Carson 16.0

1/4 Perry 15.0

1/4 Kasich 14.0

1/4 Christie 13.0

1/4 Trump 32.5

1/4 Rubio 22.5

1/4 Cruz 22.3

1/4 Clinton 18.7

1/4 Obama 17.0

1/4 Carson 16.0

1/4 Kasich 14.0

1/4 Christie 13.0

Sunday, Feb 21

-NYr Postscript on Harper Lee

"One of our nation's greatest writers

died in a little town when she was born, almost

90 years ago, only a few streets away from the

"This is a day I haven't met yet" patch of land on Alabama Ave where she learned to

Spirit of Grief: her for that she read and wrote, less than a mile from the courthouse

The morning light is now striking

me beautifully through the slats

of the blinds. The world seems

still, expectant, resilient - in

a strong and knowing SILENCE

Endel d. Guth 6:5, 6-2

2 subconj hematomas

were my winnings

ouch!

GIN RUMMY domination

Guth d Endel 2-0, inc 1st

game shutout. Only lost 2 hands

Casey Cap "Golf Clap"

later married another of my fav NYer writers:

Kathryn Schulz.

over two vets, my

O/U for games won was usually 4.5

① a hilarious re-watch... Ferrell & Reilly

Endel was newly married & on H St. nr Union Station.

DC visit

→ Monroeville, AL I stayed there 2 nights in Dec '09 on my walk. 1st night I stayed with a minister who was friends with Harper. Rev. Butts told me she loved to play the slots.

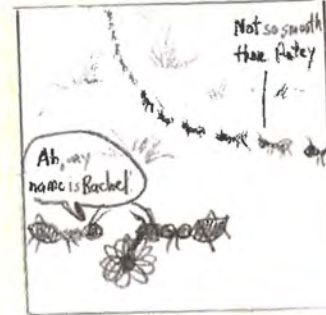


My attempt to draw of Petey the Pedo™ <sup>Stung</sup>

Notes on Last Three Pages: The majority of these pages are from 2015-2016. But when I picked up this notebook I realized I had attempted to start a journal in it back in the Fall of 2008, only to quickly lose steam. This was right around Obama's first election as President. I had been living in NYC full time for a year at that point and from what it looks like from the journal I was taking another stab at sexual sobriety - the 12 step meetings and therapist visits and all that jazz. I think it had been in Aug maybe that Claire and I had visited Puerto Rico. I was pouring it on strong to get back into a monogamous relationship with her all the while that I was still doin' my normal thing - the phone lines, the flirtations, the massages, etc. etc. Oh, poor naive Barth. Or will that always be what I'm tempted to say when I look back at my life from a remove of 7 years? The two people I interacted with most in Sept/Oct/Nov of 2008 were Claire and Simon. I no longer talk to either - Claire for going on six years and Simon for two. Obama is only now winding down 8 years in office, gearing up for a Supreme Court nomination battle and then to see who replaces him. The Obama years: this journal marks the beginnings and the ends, as reflected in my own significantly insignificant life. In the Fall of 2008 I hadn't yet committed to my walk. Aaron hadn't started his forays home, Claire's mother was cancer free, Mum and Dad had been at the Rodwyn less than a year. I was more certain about things and less settled in that soul which visits sometimes. I hadn't discovered Szymborska, or Adichie or Gopnik. John was still thriving in Schoharie, making plans and assuming a long life. The future - even the near term - is inherently unpredictable. Accept it. Embrace it. Don't be afraid of it. Live in the wonder of being a witness to the world.

① He lost it

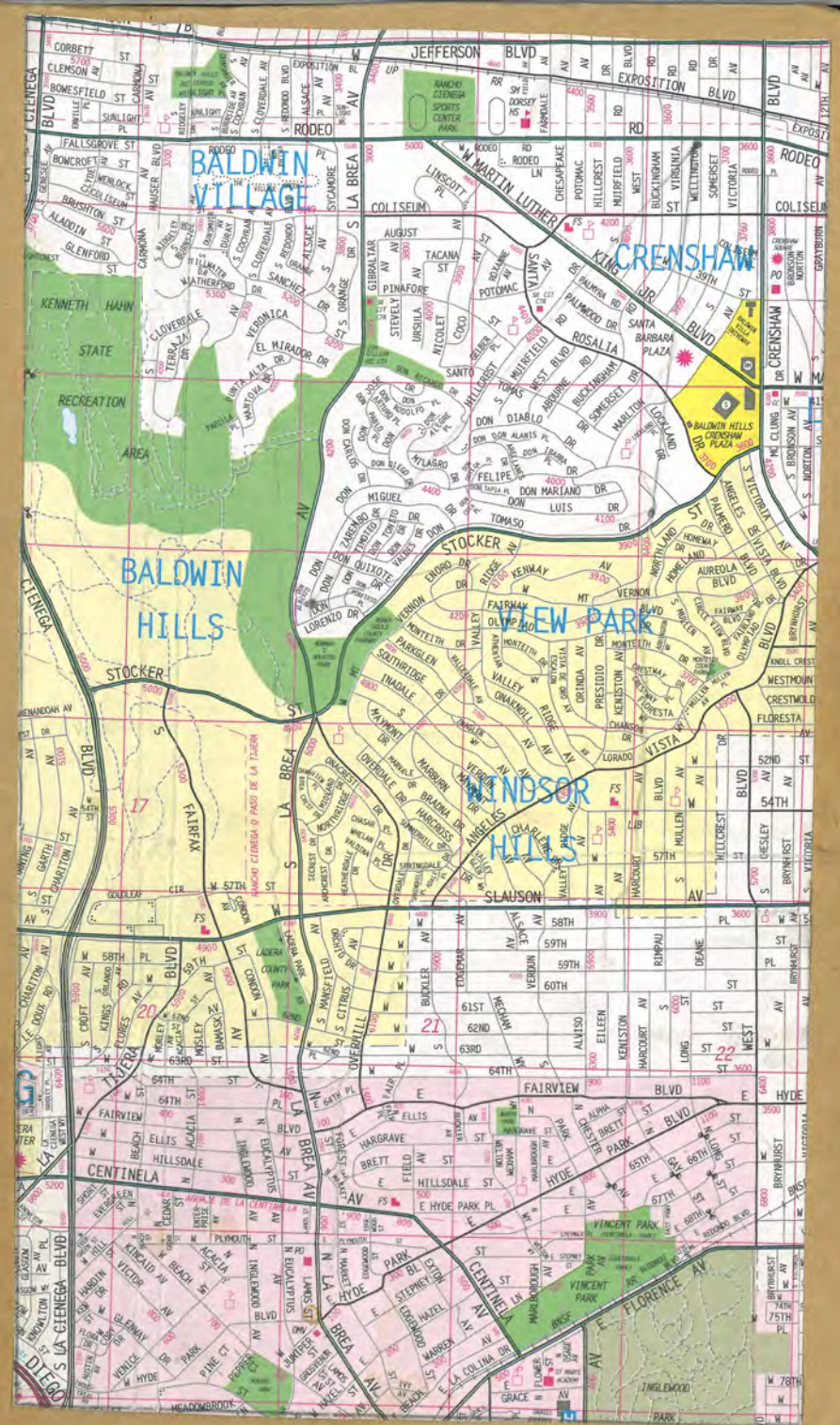
② Twas Trump



Hm - was he a centipede or an ant?

I always love a prose page & the last half of this is important to keep fresh in mind.





February 24 — July 8, 2016







February 26-27 (2016)

This original quote, later appropriated & used in simpler form by MLK, is more nuanced & lyrical.

Theodore Parker 1810-1860  
"I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight, I can divine it by conjecture. And from what I see I am sure it bends toward justice."

- Adam Kirsch on Derek Walcott  
"But we require from the world only what we can't supply from within ourselves..."

Drive to NYC talking to Kathy on the phone - flew by.

Memory Palace "Wheel" NYr Radio Hour Robert Small's Radio Lab: K-Pop

Normal Route - Pinetum, East Side Park, Across 57th

Lunch @ Lincoln Ctr Film Bldg.

Break @ Ray's from 2:15-4:00

WALK PAST COOPER UNION

Track roundup

Big 12: Courtney Okalo sets mut records in 400 (57.06) and 200 (22.79) in 1 hour of each other.

Big East: Timman 3/5K Double; Picavillo 1K College record (2:40.82)

Big 12: Akela Jones Double HJ & LJ Mut records.

Saturday, Feb 27 (cont)

- Review of Manisha Sinha's "A History of Abolition" First "Wave": Revolution - 1820

"Northern emancipation was glacially slow, but in time the region became committed to wage labor." division of states became clear.

Demanding Abolition and demanding equality on two separate concepts. White activists often only met the first criteria (eyes looking at you Lincoln)

Hosca Easton (1837) stereotypical denigration based on race was a matter of early indoctrination, had economic ends, and was supported by the way white clergy condoned slavery.

"The history of abolition, like most reform movements, is often a story of fragmentation and division."

Of the first 500 subscriptions to The Liberator, 450 were black.

MLK quote about the Arc of the Moral Universe was originally that of Theodore Parker

Oficina Latina: MVPlate Lamb burgers or Fish Tacos

Waffle Truck dessert

3 Mins @ Bandage on face: Reverse engineer: Blue Dots Trust: Did something in the

Neal Brennan: Louie: Art Show

I think I went with Cece - funny I don't say it.

Anniversary of 1860 Lincoln Commemorative Speech on the obvious

NFT btw slave states and free. The writing seemed to be in the

wall for succession given a Lincoln victory.

<4:00.00>

The perfect coffee capture

A theme I am interested in:

The Nature of Human Self-Deception

"Sweaty Friday"

Ally & SAGoodness (Fat)

Nate's Skeets:

Estate Lawyer

Philly Country Club

"He's really out of it now"

Haverford Nature Trail Walk

Simmons/Sal/Morris

A Friday off walk at my favorite place!

I'm fascinated by despair

and melancholy although -

gratefully - I'm not afflicted

by it. There are too many

superfluous things about life

that I enjoy

nihilism: an existential belief

that life is without intrinsic

value or objective meaning.

Hmm... I kind of feel that way,

yet it emboldens me to assign it

my own value and meaning and

to see what fun I can have amidst

pushing the boulder up the hill

each day.

Who has the strongest alibis

of health and happiness?

Who has trained themselves to

want what they have?

Friday, Feb 26

- Facing Death with Tolstoy, NYr Mary Beard

What allowed Ivan Illich to approach death with anything

close to equanimity? / Recognizing the failings of his

apparently successful former life: bourgeois aspirations,

its vanity, the emptiness of his marriage. / Being able

to finally look at Death in the eye, w/ acceptance and Joy.

paraphrase: "Memoirs are always partly constructions -

retrospective and simplifying fictions imposed on the

confusing stream of memories and on intellectual doubts

and dilemmas.

NETFLIX: Moonrise Kingdom

Late Aft @ (40 min)

"Think of it like a meal"

CIVIL TWILIGHT: 6:10 AM

Paris Archeology: Hotel Mayet Summer 2007

- Giacomo Leopardi's Radical Despair

Keats and Leopardi: "both constantly worried about money

and moved restlessly from place to place."

Turgenev & Flaubert (wiki) "Both rejected extremist

right and left political views and carried a non-judgmental,

although rather pessimistic world view."

Tolstoy challenged Turgenev to a DUEL! (didn't happen)

me: It seems as though most of us can not help but see the

world through the subjective lens of our own human

experience although we want to believe it is an objective

lens, and that those who see it differently are mistaken,

other than just expressing their own subjectivity.

in Scalia, Leopardi, me, Ray

Whatever we understand rationally ceases to seem

valuable or significant to us (?) & Phillips.

OR "A tiny, confused idea is always greater than a

vestige which is clear."

The older I get the more I realize how ingrained some bourgeois assumptions were in my upbringing.

#Squad Goals (someday)

forever trying to moderate my compulsions.

As a lad, I tended toward extreme left politics & was quietly judgmental of many things. I've shed

Need to remember this NOW heading into Nov 5 election.

Myth of Sisyphus reference.



all days Bryn Mawr

February 28 — March 1 (2016)

from my DC tennis playing



Hester! Parker!

so good



Monday, Feb 29

(Yawn) 6:00am

Talk pieces (Talk Less, Smile More)  
Filkins: Syria, ceasefire - still a complete clusterf  
Frazier: FSB murder 2001, Russia won't change

John Oliver - Donald Trump - Shouts & Mumbles "Sunday Routine"  
Economist joint abt: H. Lu & U. Eco - Living Room Democracy, Hester

"The urge to tell stories, weave myths" "A home visit might last for half an hour, or it could be  
and simply lie deep in the possibilities finished in a minute; only Alice Stert seemed to know the  
of human language. But if facts could appropriate duration."  
become fables, fables could lead to facts. Near the city of Aswan, Niebuhr observed a candidate who  
just as wild medieval tales of lost kingdoms: enlisted a regional historian to lecture voters on their supposed  
inspired Europe's exploration of America past.

Newt wanted to Skoot to Upper

Darby - 69th St to look for

Shapiro shoes. Had a convoluted

story about asking when the outfit

brave factory that burned down was

Wanted to re-invest

Massage w/ Andrew Garrett Hill

(who were those girls running along?)

High schoolers?

4:30am

AKA the Day the

Republican Party is

forever changed

IMPFEEI

AA615 PHL-SFO 5/25 7:45am

AA1861 LAX-PHL 6/14 9:12pm

\$52 "sub 20"

PSK registration or Die

Skoot w/ Neat & Crew to

Chesnut Hill Iron Hill Brewery

w/ Walters (Flank Steak Salad)

7x400 @ Haverford Trade

Tuesday, March 1  
(Super Tuesday)

-Says You, Heller NYr

"Everyone likes a movie critic, no one, it

seems, needs one."

-Subcontracting the Afghan War

staggering corruption, self-deception

payments. Nothing positive

comes of war.

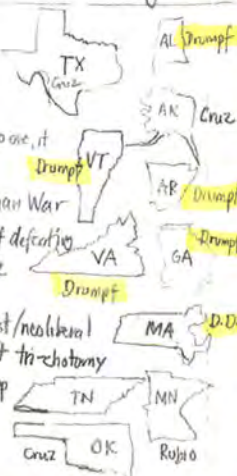
-Cooked Timbers

tribalist/neoliberal

Left tri-otomy

Final Champs Pod

w/ Doug Pound & Quest Love



end of an era "The Champs"  
w/ Neal Brennan & Moshe Kasher  
was on my Mt. Rushmore of fav  
podcasts early in that iteration

Others: Carolla  
BS Report  
Fresh Air  
This American Life  
Radio Lab

(Yawn) 7:16 @ Ray's

Sunday, Feb 28

Toenail one week on still purple  
as fuck - but painless

8am walk, fueled by a Red Eye - up Amsterdam<sup>96</sup>, Columbus<sup>110</sup>, Morningside Drive<sup>124</sup>

Amsterdam again<sup>85</sup>, Convent thru City College + car

"I have the honor to be your obedient servant..." Dave Davies/Atlantic City

DRIVE HOME: Paul Simon, Linda Ronstadt

Wawa Hongier

NAP "Hand Doss" 2-5:30 (GULP)

P&W Bridge Raste thru

Bryn Mawr

@ Zoës

Steak Kabobs

Dan Carlin: Scalia & Tim Cook

me: I'm psyched about getting back on the treadmill tomorrow after two days away.

That time has become as important to me as my morning appt w/ coffee and

the New Yorker. I love the superfluency of it - and I'm reminded of that word

because I'm reading The Diary of a Superfluous Man by Turgenev. On some

level - and I was thinking of this on my walk - beyond our most basic needs

(as Zadie points out in Anselm's essay) all attempts to supercharge our desires

result in things that might FEEL like we need them, but which are still

superfluous. Reminding myself that they are superfluous doesn't mean I can't

enjoy them - the massages, the good coffee, the walks around Barkley's Lake,

the 100 Grand Box watching The Oscars - it just helps keeping these desires

from becoming ATTACHMENTS that I can't feel happy or content without.

They are wonderful when available, but even when they are not I am okay.

"That is what children are for -

to keep parents from being bored."

-Turgenev DOASIN

While a man is living he is not conscious

of his own life; like a sound it becomes

intelligible to him a little while afterward,

Did I read this story in

May 2004 in Adams, TN?

-Turgenev

Best Pic. Spotlight

Best presenter: Gosling "agreed disagree"

Louie Ck "Doc short"

or, maybe better said, this is

the perspective middle age or

old age gives.

Drive back  
to Bryn Mawr  
from NYC (am)

The irony of  
Tada being joked  
about is that 6  
years later, at the  
2022 ceremony,  
her husband

(I wasn't invited)

Will Smith

Chris Rock

walked on stage

and slapped

Chris Rock in

response to a joke he'd

made about Tada!

"Supposed Pasts"  
nice title for a family  
memoir

Rev. John Poorman &  
Dr. S. Sturgis Poorman

AKA the day I  
lost my first  
Trump bet to Ray

I decidedly  
didn't run sub 20 min.

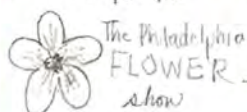


March 2 — 5 (2016)

• all days Bryn Mawr

Reading Gopnik  
(a Jew)  
on Jesus (another Jew)  
was bliss!

YouTube  
Spike Jonze "Colbert"  
→ GV Serial  
→ WW The Watch



pressed flower press that'll make  
seed card - reading terminal  
putz, sticky bars & break legs  
new/may fight about so many  
• Nina Simone, NYRB @ Ledington  
El Limon & the tale of  
the severely stoned water  
Cuba came to take our car & a  
passport instead of a  
notebook

So hilarious when a  
couple in their 90s  
bicker about  
superfluous things  
(Mrs. Spencer won)

I will never  
forget this. He was  
stoned OUT OF HIS  
MIND. Twice me,  
dad & mom & I  
ended up having to  
ask for someone else  
to wait our table.

Idea Execution  
Jesus → Paul  
Wallace F. → Elijah M.  
Joseph Smith → Brigham Young

Friday, March 4 ~ Rest Day ~

- Cassidy on hints of GOP #NeverTrump movement  
"More than anything else, Trump has demonstrated that  
white working-class voters have minds of their own."

- Re-reading Gopnik's Authorhouse chat on Gospels  
his favorite story is of woman caught in adultery in John  
"let he who hasn't sinned cast the first stone"  
"my conscience is that Mark, without a miracle at either  
end, remains the most moving and human." (Amen)  
"I'm a little skeptical of all two-Jesus accounts, exactly be-  
cause they are too pleasing to the secular-minded. It's what we  
want, and therefore what we ought to doubt."  
"We are born to oscillate, perhaps" (between belief and skepticism)  
- Anti-semitism, begins with Gospel of John  
- There will never be any certainty (rationally) on either side  
of the Jesus myth, so why not hang out in the center,  
balancing on the more interesting fulcrum of doubt and  
wonder.

Saturday, March 5 2ND GREAT AWAKENING  
(~1790-1850) 1830

Christianity may be Jesus' intuition  
it's Paul's institution, and the  
N.O.I. owed less to the mysterious  
preachments of Wallace Fard than  
to the organizational tenacity of  
Elijah Muhammad. Brigham Young  
inhabited this role for the Mormons,  
about as fully as an apostle ever has  
1847 Salt-a Lake-City  
showdown with James Buchanan  
(until Brigham Young backed down)  
Sanctified Materialism reminds  
me of modern black churches  
yet religious reasons also  
opposed it.

- Gopnik on Mormonism  
"Could Brigham Young be Paul in Joseph Smith's Jesus?"  
K.J.S.: "The line between the over and the scanner won't  
clearly marked in early 19th century America."  
After other followers began to have revelations from angels  
of their own the Holy Ghost inspired Smith to the  
conclusive revelation that only his revelations ought to  
be church policy." - Low that  
The thrill of believing in a wholly American revelation  
→ the desire for American exceptionalism runs deeper & deeper  
Like the Gnostics, the Mormons thought that the conventional  
texts had too much atonement and too little attainment.  
"I cannot deny that it was religiously inspired faith that drove  
anti-slavery, not the Enlightenment inspired reason."

Class Prep  
Color Purple /  
Turgenev DoasM

Wednesday, March 2

- "acks on Hayden (former CIA chief) memoir

"All autobiographies are self-serving, but those of public figures  
tend to be unapologetically so." → always keep skepticism close @  
hand.  
"In a sense the more the spies say, the less the public  
will trust them, because it is secrecy that gives them the  
mystique of knowledge."

Newt Skoot:  
Wed. Farmer's Market  
(Grilled Ham & Choc)

Color Purple  
Turgenev

GP TAL  
2 Rape Cases

Darby Rd → Landsdowne → McNabe → Crofton Hook

→ John Heinz Wildlife Refuge

Pick up M&D @ 5pm  
(tanned & healthy)

(return from a month in  
SA @ 2im)



Blue Heron  
@ Heinz ...  
one of my favorite  
1hr 20m loops.

One of those mornings  
when the sun comes  
through the slats just so

Thursday, March 3

① Julie Jensen  
(Thanks)  
Hot Tip: Simon  
The master @ dealing  
by old rich women

Nov 1, 2005 - March 2, 2016  
R.I.P  
Caleb Stealy  
2005-2016

Newt's Skoot  
drop off at Hov Library  
by Pety  
Morr's Organic

NHSL - 40th Locust Walk -  
around Franklin Field - SS Bridge

20th Rittenhouse (Chesapeake Ave)  
\$5.50 apps! Cite Watness! Bink Walk to Ritz Bouise! Depressing "Anomalisa"

- Remnick 11/7/05 on translating from  
Russian  
Must. Read. Nabokov. - 1919 (Russia) 1920-40 (Europe) 1940- (US)  
"The reason English speaking readers can barely tell the  
difference between Tolstoy and Dostoevsky is that they aren't  
reading the prose of either one. They are reading Constance Garnett."

- Joseph Brodsky  
- Gopnik on Trump Phenomenon  
"No, this is what one might call a unicameral breakdown: one,  
and only one, of our major parties has been going crazy for  
twenty years and is now having full-fledged gibbering,  
the Emperor of Antartica breakdown."  
"...perhaps this is what Rockefeller looks like now. It's the same  
mix of paternalism, confusion, social welfare and capitalist  
condescension. (Nelson had a more plausible style and better  
art collection)"

Sometimes, as the French Left learned, the people you  
can't stand are better than the people you can't live with  
\$5.50 apps! Cite Watness! Bink Walk to Ritz Bouise! Depressing "Anomalisa"

Debate: Trump has a big schlong (allegedly)

can we ever feel satisfied?

Tonight, I can write the saddest lines...

Caleb was Sarah's adopted son from Ethiopia. They knew he had a serious/  
potential fatal disease, but they adopted him & loved him nonetheless.  
I had just seen him in July 2015 in Ohio. May he forever Rest in Peace.



March 5 — 7 (2016)

James Wood slinging wisdom 'bout growin' older.

Reminick on The Trump Phenomenon



Heim of authoritarianism  
What is the defining characteristic of the decline to a strong leader?  
What is one of the core tendencies of Aaron and I? A reluctance to obey; to do what we are "told".

Sg SQUAD GOAL:  
TEA & EMAILS TO NOAH, OSETH, MARCIA @Sax's

Jelani Cobb on Black Lives Matter

The central contradiction of the civil rights movement was that it was a quest for democracy led by organizations that frequently failed to act democratically.

Mr. Same can be said of the USA  
Bundling mythology.

1966 Black Panthers founded Oakland

Now? Huey's presence is gay movement.

Guiza: The truth is that we are doing what the labor movement has done - organizing people who are at the bottom.

Observations: empty nolo package, check near nature trail, hill @ Archway.

Ave. @ Major / I. Schlesinger

Newt's lowenergy skoot:

Viva Video → Munt. Ave → Bala Ave → City Line → Darby Rd.

NYT Book Review: Hm 3 stages of life:

1/Period of moody inwardness 2/period of angry political agitation 3/period of broadminded humanity.

Monday, March 7 Hm A constructed "college degree" of credit-d classes around the country.

-James Wood "Our Parents, Our Selves" 1/21/18

Haydn piano solos: Beethoven last 3 piano sonatas  
"I have spent my 30s and 40s journeying through a long realization that I am decisively my parents' child, that I am destined to share many of their gestures and habits and that this slow process of becoming more like them, is both an address and a farewell."

"So, even as I become him, he becomes someone else."

-Re-read Megan Davin "Diffenna Maker" 9/29/14

"Maybe such pleasures, while pleasurable enough, were merely trimmings on a non-existent tree. Maybe nothing - not a baby or a lack of a baby, not a beautiful house, not rewarding work - was ever going to make us anything other than chronically dissatisfied, perpetual second-guessers we already were."

Q: Do we all have a Cs = Central Sadness in our lives?

What is mine - an inability to create freely, unimpeded by crippling perfectionist tendencies?

"As soon as he determined someone was not a threat he began the process of figuring out what that person could do for him. As much of a downer as this behavior could be for people with romantic ideas of helping troubled kids, it was a perfectly understandable survival mechanism, and I grow to respect it."

Me: So many of us just drag this along w/ us into adulthood. It's the man adult who lets this go.

Bm "Our lives would remain our own. Whether that was fundamentally sad or fundamentally exquisite, we'd probably never be certain. But if there's anything that Matthew taught me it's that having certainty about your life is a great luxury."

Gopnik Mormonism (cont) Saturday, March 5 (cont)

"The allegiance is to the community that nurtured you, and it is bolstered by the community's history of persecution, which makes you understandably inclined to defend it against all comers" (me, even while thinking it is the faith you are defending. We aren't as loyal to ideas as we are to people we love who passed along these ideas.) 1000%

Gopnik's definition of the American Gospel of Wealth: the idea that rich people got rich by being good, that the richer on a sign of their virtue, and that they should therefore be allowed to rule.

Hm Random Thoughts Dn I don't know

Leicester 1 FT Watford 0 (5 pts clear in 1st)

Que Pasa, Miss Simone? (NETFLIX) (bipolar)

Tragedy of mental illness like Kanye

Dr Ming Dynasty (1368-1644) Sunday, March 6

that's 270 years. USA is currently at 239.

SNL Jay Pharoah "Meeting of Black Connections"

David Spindler - over 4 years he earned only \$6,200 while obsessively researching Ming Wall. re: Girlfriend @ the time "It's certainly the reason we broke up. She couldn't see an end to it." Bm

Mid 1500s description of Mongols: "They like to fornicate, paying little attention to if it's day or night or if anyone is watching."

Mongols like to raid and leave, not occupy.

"An empire is always going to try to protect itself"

That's as true for the Ming as it is for the American Empire today.

-Lane "A Day for Henry James"

... then because of long nap, "Attack of the Phone Lines"

TV Night: People v OJ ep 5 Together ep 2/3

Elizabeth Drew! NYRB on Election- (3/2/16)

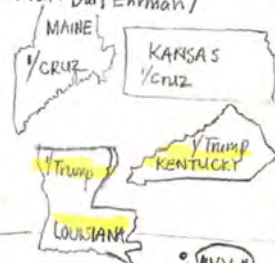
Qt = QUIET TRUTHS i.e. those things which seem true to me that I feel no urge to tell others about.

Bart Ehrman, On The Problem of Suffering ehrmanblog.org/

Pat Conroy obit

"One of the greatest gifts you can get as a writer is to be born into an unhappy family."

Newt Skoot Ns Farmer's Market Supply Run (Cor Listen: Bart Ehrman)



→ I was given the opposite gift, & on balance I much preferred it.

always ends up with that same face.

"Many people are saying this is the best illustrations of Trump they have ever seen..."

prepping for my trip to San Francisco... it would be a doozy.

There are contradictions at the heart of every movement - & each human being.



• Bryn Mawr

March 8 — 10 (2016)

found \$, large or small, is a

miniature happiness inherent in walking.

Recordings: Seabee, Latoya  
 35min tempo  
 Wednesday, March 9  
 - Sarah Stillman, Childhood Sexual Offender & dubious therapies, punishments  
 - his protective officer cautioned me against overly tidy explanations for suicide: "Who can know the hearts of men?"  
 - Newt's Skout → Wed Farmer's Market (Crobake Salad)  
 - Dinner: Shepherd's Pie/Salad  
 - 222  
 - Sd Shut down eating @ 7pm  
 - Laundry | ⑤ Nneoma | 9-11pm Trolling da lines

- Gossip on Trumpism  
 "If there is one thing that economists can agree on it is that globalization is not a problem we can address by lashing out at foreigners we falsely imagine are winning at our expense."  
 "But one of the fundamental and tragic lessons of the last century is that nationalism can exist on its own as a cause and faith and belief attached to the most meagre shreds of any economic project."  
 Trump playing on aggrieved identity and unrequited humiliation  
 [Mc] Why do we crave an enemy? That which to define ourselves in opposition to?  
 "One can recognize the grievance without entering into a sentimental view of the aggrieved."  
 [Ru] Rerun: ABC Conf NJ in 2012, Kymate about how the world is evolving to a story telling context where image, not text, are the dominant devices.



[Mc] Do we try to convince others of things that, deep down, we are not fully convinced of ourselves?  
 (HatTip: Kirsch)  
 LAMB CHOPS  
 TWO VEG (Mashed P & Broc)  
 Newt's Skoots x2  
 Walmart (Razor)  
 Airport (Dumny)  
 The Watch; Mercury, Venus (GV)  
 Simmons/House (drive to airport, post-dinner)  
 Ursula  
 "Did you knock the quadrants out of his mouth and say get out of this uber" (Chris h Andy about an Americans insult)

Monday, March 7 (Cont)  
 MUSTANG @ BMFI  
 "Educate Girls and give them Mother's rights over their reproductive capacity"  
 - Zadie Smith "Generation Y" Zuckerberg/Social Network 11/25/2010  
 [Hm] How powerful—and subconscious—is our desire to be liked? How much does it drive our actions?  
 [Cb] Confirmation Bias Alert (i.e. I don't use Facebook, so I'm drawn to her perspective)  
 (down with) — Shona  
 PASI NE CERTAINTY

Tuesday, March 8  
 A lot of Trump's ego this time around has been fueled by the public opinion polling industry and by a communication revolution.  
 - Damon Tabor "Greater the Sinner" Librarian ex-warlord Joshua Blakely ~200K people died in Libean civil war which ended in 2003  
 - Hual



① Franzen: "People who feel themselves to be fundamentally unpun will often be the ones most strongly drawn to religion."  
 [Mc] I don't trust his Saul-on-the-road-to-damascus conversion story as far as I could throw it. He feels intuitively like an opportunist.  
 "He used the reconciliation commission to launch his career as a showman, as someone who wants to be famous."  
 [Mc] Listening to the ease in which David & Lindsay talked war so illuminating about the fact telling others the lessons we most need to learn ourselves, that discourse between parties needn't be as confrontational as it is. But at the same time it is what it is. I think probably the evolution of the media has done a lot to force the fires of mutual discontent. Graham's prediction is that the Republican Party is being in the process of being dismantled by Trump's candidacy and it will have to reformulate into something else that can accommodate Hispanics as well as young people who believe in climate change.  
 - Bobby Green, Bareknuckle Champion

STARTING LINE: Cut down to 1 desert daily & salads for lunch until race day. GOAL: Race @ 180lbs Run 19:45 for 5k



① I sometimes wonder about Dad & this truism—he thought the devil was real.

→ I think about this ALL THE TIME !!!

→ I missed this by almost 2 min.

true Lindsay Graham became a Trump dick sucker btw. There is no honor in politics not so true

This is the very essence of DJTs economic grievance against Japan or China or <blank> ... & he's been kicking this donkey of a message since the 1980s.  
 (His 1988 Lehgh Commencement Speech was all about how Japan is fleeing the US)

YES !!!



March 11-12 (2016)

Hm Asteroids [memories of 1st video games in Florida hotel]

- metals and rocky material
- comets: icy, dust, rock
- main Asteroid belt is betw Mars and Jupiter's (4th/5th from sun)
- not nearly as close together in the "belt" as movies visualize (>million km apart)
- a huge asteroid that hit earth billions of years ago formed our moon and put earth on its 23° tilt relative to the sun.

Nicole audio

"Random dick doesn't appeal to me." - so true of most women

Why don't I see any dead birds? Answer: Food chain quickly composts them and they usually hide when starting to weaken anyway.

Butter Soul Last Man on Earth

Angel Piccirilli 2nd Indoor Mile

T. Daniels (FR) 1st 60m (7.11)  
Courtney Okolo 1st 50.79!! #R10!  
(then split about the same time in winning the 4x400 for Texas)

USATF Indoor Champs.

Barbara Pierce 7.0 m 60m

Hastings losing and taking a header

Centro looking smooth / Ajee dominates

Saturday, March 12

DAY OFF

15% CORE - MANTLE - CRUST (1%)  
(Liquid Outer Core is KEY!)

- continued Haitian History reading  
Hamilton seems to have supported Haitian Independence. Not sure if that was for it's principles of liberty or because he was anti-France. Jefferson seems clearly to not be in favor for obvious reasons, although take away the 1804 Revolution & that makes him a huge hypocrite since he wrote the Declaration of Independence.

As expected, a deeper dive into the timeline of US-St. Domingue/Haiti Relations from 1790-1810 show layers and layers of complexity. What was the primary driver? Gordon Brown argues Europe/Trade, not fear of slave revolts.

ST SPRING MONTGOMERY-ARDMORE

HAY COLLEGE LOOP 2016

(Memories: Stripley baseball, Nova St. Pally's Day Revelers, 400 black Montgomery, sheets of purple flowers - Earth bowl, Ponder the Pinecone, Hawk perched near NHL station, Purple House, Tired of Starbucks)

- New Republic article on Ted Cruz (Clancy Martin)  
"Trump is the candidate of the disoriented, confused, the needy; Cruz is the candidate of the dogmatist, the moralist, the convicted. Trump gets the voters who fear and admire; Cruz gets the voters who hate and resent." Me: Not sure that is totally true.

B. Russell "The desire to moralize is the desire for cruelty" - Research

2016 Trump vs 2008 Obama: Power of personality.  
2016 Cruz vs 2016 Hillary "They don't necessarily like the person, but they respect them."

Bm "Trump supporters are looking for answers; Cruz supporters already know the answers. A fearful person may be made dangerous, but a cruel person is already there."

"the infliction of cruelty with a good conscience is a delight to moralists - that's why they invented hell"

M&D → Schoharie

Venus has a big-time carbon dioxide problem!

YI In Praise of the Quiet Life  
SCHOOL OF LIFE ✓

1793 The History of the Haitian

1804 Revolution & its example as a free society in early 1800s surrounded by slavery in other countries/colonies.

High Water Mark of Atlantic Slave Trade 1725-1825

12.5m slaves transported → Atlantic from late 1500s - late 1800s (anywhere from 15-20% didn't survive the journey)

Im Transcendental Moment

Over the Rainbow, Jim Brickman offer

H's Your Universe ep on Earth.

✓ whole series every year

Hb Hard to Believe:

If the earth was shrunk to the size of a marble, it would feel perfectly smooth in our hand (if water was taken away). Could not feel the mountains (like Everest) or trenches (like Mariana) 1%

Friday, March 12

You Tube Solar System to Scale Black Rock Desert, NV

Wff Possibly only 4.6% of mass in universe is made up of ordinary matter (above) that constitute STARS, PLANETS and living things.

1/ Hydrogen 2/ Helium 3/ Oxygen

4/ Carbon

(lighter elements were produced w/in seconds of Big Bang; heavier ones much later, likely within stars)

In Earth's Crust:

1/ Oxygen 2/ Silicon 3/ Aluminum

4/ Iron

In Earth's atmosphere (gases)

1/ 78% Nitrogen 4/ 20% Oxygen

(Venus has 96% Carbon Dioxide)

Go 10am

Newt's goats (w/ special guest) - Five Guys

Dark!

Sunset Walk

end of BS/favs/Pfeffer

12: Poltro

Fw violet crayon

Hm Danny's somewhat likability

but sense of being educated

economically by the recession

I got the sense that he could see

a silent Trump guy. Today is the day I first thought "Trump can win this whole thing."

Totally forgot this observation, but it was prescient.

Hm Thinking about the mysterious force of gravity has on mass I thought about the gravity (emotionally) that exerts unseen force bringing people together when we are attracted to one another.

68% dark energy

27% dark matter

Human Body (by Mass)  
65% Oxygen  
18% Carbon  
10% Hydrogen  
3% Nitrogen  
1% Calcium  
1% Phosphorus

cherry Tree Days

DAY 1 NCAA's / USATFs

Women's Track Declaration

100m: #Team Bowie

100mH: #Team Harper-Nelson

200m: #Team Felix

400m: #Team Courtney Lever

800m: #Team Ajee

HJ: #Team Vashiti

400mH: #Team Kori

5K: #Team Genevieve

10k: #Team Theresah

1500: #??

As of 2024, all of the above have

aged out / retired, except for

Ajee Wilson, & even she is in the

dying light of her career.

about as close to a "poetic" observation as I get in these pages.

Tori Bowles → tragically, she died in Aug 2023 along w/ her unborn child from complications of child birth.

Thank you, past huge-ass asteroid!

① The first long walk on a day that feels like Spring is @ Glory to behold.

I was really into college & pro track at this time.



March 13 - 15 (2026)

At this stage of my life, with tons of free time and in early middle age (40's), I seemed to be constantly reading longform journalism/history - especially New Yorker pieces.

### 3 SKEPTICISMS RE: REASON

- 1/ All reason is rationalization
- 2/ Science is just another faith
- 3/ Objectivity is an illusion

Hm Had no idea until today that Locke's house was 100m from Riviera Country Club golf course - seventh hole.  
Half Wolk  
McConroy 10.5k Hav College - GV  
Sanya 98.6k  
Allison 407k Vigilante Appt  
Hastings 30k @ Penn  
Courtney 954 Drop-off Danny

Marina | Bing "Flaked" | Omellates | Bed by 10

### Bank Day

US Capital moved from NYC to Philadelphia btw 7/4/90 - 12/31/90 (1790)

American Revolution was about Political Liberty not social equality. It was profoundly elitist in who was thought appropriate to govern, which is partly why French Rev and then Haitian Rev. so mortified a large portion of America's ruling elites.

Monarchy → Republic (structural). But who leads that Republic? Gentlemen, not common people.

Customs revenue seems to have been the young country's primary source of income.

BASTILLE DAY JULY 14 (1789)

- Lepore (cont): "An American Presidential debate has a lot more in common with trial by combat than trial by jury ... the ordeal endures."

Hm Can anything ever be said to be fully proven? Me  
Hamilton had a familiar brand of American exceptionalist rhetoric among the Founding Fathers, but it was different from the silent exceptionalism that lurks in most of our hearts? Social media encourages it - and granted - it has consequences that I see as both helpful and harmful to human fulfillment. But again, that last phrase is tough to define anyway, and when one can, it is always subjective.

- Kate Del CASHLO, El Chapo and Sean Penn re: her tweet: "You know, why are they crushing me? I'm not saying all of this is true. This is just what I believe."

Tuesday, March 15 Dream of ATM spilling out cash

- Wood on "Peacekeeping" by Mishra Borlinski  
"But humanly speaking, one is always interested in the surplus, the secretive, the unrecovered margin, all those mysterious dimensions of personality which escape or contradict a person's professional functions..."

Hartman, Hayti  
(Gordon Brown) Americans political revolution had not been joined by a social revolution. Great fear of "the mob" was in contrast to "the propertied class" aka white, male merchants and businessmen.

They made reference to a "leveling spirit" as a synonym of social equality among all classes of people. It scared US ruling elite, esp. Federalists.

"pettifogging": the act of quibbling over insignificant details.

including, Alexander Hamilton, John Adams, etc

Daylight Savings Time Sunday, March 13

Birds: ~10k species evolved ~100m years ago  
Darwin's Finches  
"The vast majority of birds are socially monogamous, usually for one breeding season at a time, sometimes for years, but rarely for life."

Moore WTF @ McFarlane  
rural Canadian springer

Newt Skoot  
- Gullity's w/ Dan  
- huge curved TV  
- so out of it.

- Karl Ove Knausgaard "At the Academy"  
"...two playful eyes that suddenly become unsure or introspective, that falter, a person faltering, is there anything more beautiful than that?"

Moonboots! Oh how they called to me - how cool they felt in the moment; a moment now long gone. What did desire for them portend? Acceptance? Being part of a cabal of people who "got it"? Or was it sheer gravitational pull toward conformity? We don't want to be alone.

"...for nothing is as relative as beauty."  
"...that is the way we are, we extol the world and love it although it's not necessary, the world is the Spant-Finish world, it's all we have."

Me I have experienced this inner ecstasy, transfused to the world outside of me, many times. What catalyzes it - freedom, love, adrenaline?

Ride Home / Nappage / Acme

Steak & Eggs / PB Milkshake Songs that are "full of memories"

FLAKED  
Episodes - Arnett!

New Yorker  
- Lepore  
- Wood  
- Frazier

His SGM meter  
no sense to me.

Me Had no idea when I set at Fairchild-Mart and looked at first "websites" on the banner what kind of data and information revolution it would engender. That was probably 1994. I so wish I had my Lehigh emails

"...nothing could beat the feeling of walking across Torgalmennigen and Fiskefort in the middle of the day, drunk, it was though I was right and everyone else was wrong, as though I was free and everyone else tied and bound to everyday life..."

DAILY SHOUT: A break-up ceremony in McLaren Park

Monday, March 14

- Lepore. The Internet of Us and the End of Facts

"Empiricists believed they had deduced a method by which they could discover a universe of truth: impartial, verifiable knowledge. But the movement of judgment from God to Man wreaked epistemological havoc. It made a lot of people nervous...."

"Somewhere in the middle of the 20th century, fundamentalism and postmodernism, the religious right and the academic left, met up: either the only truth is the truth of the divine or there is no truth; for both, empiricism is an error."

circa ~1980 in West Hebron

I love that, without context, someone might see this decades later & be like "WTF?!" It's a drawing of a found baseball at Haverford that I then made into a face - one of my "12 Apostles" of found balls on my walks.

I think about this AT LEAST once a year. What would I pay to have a copy of every sent (esp. the anonymous email from 1991-1995 @ Lehigh. At least \$1k! one to Claire)

well summarized History for dat ass! ☺



March 16 (2016)

the rare two pager for one day.  
(actually I think below is from 3/15 cont.)


because I went to bed @ 130am

Atlas, he wouldn't make it — later became Attorney General for Joe Biden in 2021.

Found Walking

How do you poll a billion people?

One of the 3,000+ killed in 9/11 was a guy named Garth exactly my age — in the wrong place (Windows of the World restaurant, North Tower) at the wrong time (that morning). A plaque w/ his name on it stands in a hideaway path near the UPENN library. Garth Feeney R.I.P (1973—2001)

your 8am  
Schedule is all skewed. Will work out in the afternoon (can't)  tea, not coffee

Wednesday, March 16  
John Cassidy on impending Hillary vs The Donald

4pm → GV Axefiles  
→ WW WTF Rappoport

Supreme Court Nominee: **Merrick Garland**, aka Will Forte character name

Newton's Skirt  
H's Wed... what else?  
Nudy's Cafe @ Fannie's

Ludington: Wills "Reading the Koran"  
"Both religions treat heaven as a second creation in which humans will have bodies that are even closer to the ideal form than the body of Adam and Eve."

**Me** Having a body is the only paradigm we can think about because that has been the totality of our experience.

**F+** East  
Gallup polled over a billion muslims in 35 countries asking if they approved/disapproved of 9/11 attacks  
93% disapproved (on religious grounds)  
7% approved (often on political grounds)

This conception of heaven is rationally ludicrous, but widely believed. In geologic time, if not historic time, we are gradually moving away from this. Heaven is pure psychological projection by the person of faith.

**wait...**

Cap-Haitien  
Gordon Brown's Book (cont)  
"Toussaint's Clause"  
Molasses! → American Rum

HAITI  
(St. Dominique, St. Domingue)  
Port-au-Prince  
Jamaica  
coffee

**Hm** Hamilton (Play) Myths  
Anglican and John Baker Church had already eloped in 1777 — two years before Hamilton met Eliza in winter of 79/80 in NJ.  
Doubt she even visited in summer of 1791 from UK as she had been in NYC in 1789 for GW Inauguration (April 30th) [It took roughly 2 months]

& (among others) that Hamilton got the money to come be educated in the North American colonies because wealthy citizens of St. Croix 'sponsored' him after seeing the promise he showed with his writing about a hurricane. TOTAL BULLSHIT  
(a wealthy relative sponsored him & he intended to repay her)  
Ann Lytton Venton, his older first cousin  
later Ann Mitchell

Nat Brennen on Daily Show: "Why is it that a woman like Amy Schumer or Lena Dunham is deemed 'naughty' for showing her body and KK is deemed a slut?" Good question. Has something to do with anticipated consequences. Given societal convention of beauty KK has a reasonable expectation that his will excite, therefore it elicits the societal eye rolling that a "brag" would, whereas Amy and Lena know they are slightly off the "beautiful" matrix, so exposing themselves is seen as a risk because it will likely involve superficial criticism.

**Hm** Been reading a lot about how "fucked" young job seekers are. It seems like the only measuring stick is a material one. As if money = happiness and fulfillment. I've taken ainger in my life that time/freedom is more important, as well as an increase in tolerance and skepticism toward certainty and black/white thinking.

Sanders is a good voice to have — the more, the better — and it is pushing Hillary in ways she wouldn't have otherwise gone. Sanders is incubating future voters more than running a campaign that can win in 2016.

Gert Hart on Hillary: She's basically a conservative person, except on issues of gender and inclusiveness.

Is there Life in Space? A: Yes, we just haven't found proof yet.

OL Infinity thought experiment

Simmons/Klosterman/Abnams (stop by Mom's Organic, then home)

News re: Vanessa's placement in Philly

Ta-Nehisi on Nina S. & Zoe S.

☑ Joy & LaToya

Recreated March 2013 in my Journal — it's amazing how hard memory is to dig up, and how reliable?

**Fw** Pink pen in field @ Her College



**S** Jules (Fat)  
then Quest (line)  
⑥ then food binge cereal/chips/pie

ZZZ 1:30am

Ha! (& tu dat)

MAN never has what he wants, because what he wants is EVERYTHING. — CF Rumi

→ Vanessa now works in Palliative Med. in MN (I think)

between late Jan & late May 2013, I was galivanting around the country, mostly by train. In March I might have been in CA or Vegas. That's the best I can do working only from memory.



Disgrace, by JM Coetzee  
is one of the best, most challenging  
novels I've ever  
read.

Religious folk  
believe we are  
'special' to God in  
an individualized  
sense — I don't  
believe in that, or in  
any definition of  
'God' that imputes  
human-like  
consciousness to  
the animating energy/  
creative power of the

In 2017, I walked the  
Hazen Trail in Norwich,  
VT on the banks of the  
Connecticut River &  
they had an  
innovative "exhibition"  
of this scale.

March 17-19 (2016)

Friday, March 18

Me: Every person wants to feel special, but once that evolutionary trait has been laid bare in ones self, can it be somewhat turned off? Our specialness is only relative to those who love us — in the larger context we are not special at all.

Newt's Skoots:  
5 Guys Burgers  
Nice convo re: his book at table. He got emotional

IAAF Evening Session:  
Brittany Reese LJ (last jump)  
Bromell 60m GOLD  
B. Theron-Eaton 800 to win Pentathlon

Earth to scale [7 mi solar sys]  
(Earth size of Marble)  
sun (sun ~ 5 ft diameter)  
mercury Venus Earth  
68 mi 120 m 176 m 264 m  
Jupiter Saturn Uranus Neptune  
0.57 m 1.1 m 2.1 m 3.5 m

Sun: Our Front Door  
Earth: Air Pressure/Vacuum  
Mars: Wawa  
Saturn: Sunoco (Lancaster/Morris)  
Jupiter: Duck Pond  
Neptune: Narberth Avenue (2.79 billion miles)  
Edge of Oort Cloud DC (98 billion)  
Outer Edge Oort 10,000 mi half way around equator

Skimmed Scientific American story on music and the Human Brain

Hm: Looking like Coetzee's comment in Disgrace might have been prescient: music probably DID predate language.

AV Club review of Leah Remini memoir about her life and Scientology

Hilton Als: "Former lovers are fixed in memory, that's a given, but how much do we try to conform to their memory of us when we run into them again?"

→ GV MIB, then Saturn (Ludington to pick up Hamilton and Burr bios)

UP LATE:  
Vibeline, Tango @ 222 2:30 am

IAAF World Indoors Portland "Keep it Weird"  
Morning Session MVP: A Powell 6.44 60m  
Eaton 8:08 LJ

A\* walking Day (maybe a touch windy)

2:30 am

Saturday, March 19

Me: Mind Blown Mars

Vanessa @ Wambui @ 9:30 am 19th Lombard

- keeping car in Phillips

- who will be harder to care for: mom or dad

- Bill Erdman

Random call from Rick W (need to ☺)

text from Cassandre (I want to hear you...)

Me: Surprise has it all over planning for "full" excitement

Sy: Learn how to throw like Ultimate Frisbee

Dinner @ Spencer & Dalia's

Ray on drive home (set up date with escort he had already seen and didn't notice for the first 30 min!)

I'll never forget this  
The escort was using a different name, but still



Dense FOG

HOR

4 mi (6x400) 1x200 speedwork

Newt's Skoot:  
Old Gulph/Gladupee  
Saxby's/Citgo

Thursday, March 17

1 day of MARCH MADNESS (I didn't watch a single event)

Oral History of the Comedy Cellar

A King In His Castle, Trump's Butler

Me: Mar-a-lago is RIGHT next to the Bath & Tennis Club

Malvern: Mrs. Marucci Funeral @ St. Patrick's (Ty, Randy, Buddy, et al) The Catholic liturgy was completely uninteresting to me — only a stanza of Ave Maria — even at all affecting

Simmons/Jim Lamplery

Drive to 48/Hazel then Larchwood-Pine-Lowst Walk-Walnut → Chasapeake. Happy ☺ with Nikki, Atvnt and Jolene. Meli. Grand shows up.

October @ Wilbur Theater Front Row, Center

Thoughts: Hilariously funny and at times quite thought provoking both about the Yiddishness of racial concepts and 2/3 the horror of their historical manipulation in the US. The 2 servant girls were my favorite — their back and forth which mixed current language into the context of what would have been mundane topics. Melodrama. It's not just a bad word, put the plot itself was the least interesting thing. Most affecting moment: Slaves working during intermission, cage, auction.

I staffed an event there circa Feb 2012.

music is always the most evocative in any ritual.

Broad St to 48/Hazel is quite a stretch, but it sorta mirrors the walk home I do every week night after work now. ~1hr



March 20 - 21 (2016)

My tradition hadn't started yet (probably took my dad's death & living in West Philly to seed the idea) but now I can't imagine a Sunday morning without my sunrise Haverford



Sedaris! Packer!

Terrible drawing

Monday, March 21

Rest Day



- Jeffrey Toobin on SCOTUS

During Obama's Presidency

Dem Senators 60 → 46

House Dem Maj → Min

Lost 10 Governorships

"Every Supreme Court nominee since 1875 has received either a hearing or a vote."

- Talk Pieces

"Being friends with Donald Trump is like being friends with a hurricane."

- David Sedaris, "The Perfect Fit"

to shopping "Obviously we have some hole we are trying to fill, but doesn't everyone? And isn't filling it with bents the size of toilet seat covers, if not more practical, than at least healthier than filling it with frosting or unsafe sex with strangers?"

[R] Random Fact

"Presbyterians in the US came largely from Scots-Irish immigrant communities and also New England Yankee communities that had originally been Congregational but changed based on 'Plan of Union 1801' for frontier areas."

[R] Random Person

Kelly Jean-Baptiste: Broadway up-n-comer (Vojager) who died last year at 21yo after 4-story fall from a fire escape.

[Ha]

Most genuine laugh in weeks at Family Guy Condon Act: But then on backward: a little bit and then put them on the night way all the way.

A. Burr Did he try to recover Montgomery's body and did mustat fire in losing Battle of Quebec 12/31/75?

Immanuel Kant philosophized on a phenomenon he called "the special reverence for the soldier" which, while still operative, is less experienced now than its modern counterpart - "the special reverence for the athlete."

[Me] I can't get over how concerned "Gentlemen" in the 18th century were with their reputation - what other people thought of them. Has it changed or just taken on different tinted glasses?

John Knox (Scotman who studied w/ John Calvin in Geneva) d. 1572

John Knox (Accountant and Soccer fan b. 1956 who works for ABS)

Johnny Knoxville (Movie star and insane b. 1971 jolster)

A. Burr On General Putnam's staff in late

1776 during Battle of Long Island (900 taken captive) and Harlem Heights/Fort Mifflin (2,818 officers). Both huge losses that can maybe be hung on Washington's narrative. Washington/Lee became great for private debate about who was best qualified to lead.

Burr/Putnam to Philadelphia late '76, early '77 6/27/77 promoted to Lt Col by Washington (stayed that rank until he left service in March 79)

Winter 77-78 Valley Forge, then Gulph Mills

Yikes - & then Trump won. Obama's presidency was... complicated.

BRAIN PICKINGS:

"We hope... We despair, We hope."

"We despair. That is what governs."

"We have a bipolar system."

- Maria Kalman

Hope is an embrace of the unknown and the unknowable, an alternative to the certainty of both optimists and pessimists."

[Me] I definitely lean too much to the latter, or rather, it is when my confirmation bias resides.

"Change is rarely straight-forward..."

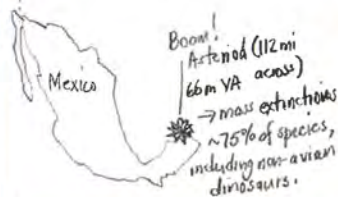
sometimes it's as complex as chaos theory and as slow as evolution. Even things that seem to happen suddenly arise from deep roots in the past.

Baldwin: "Not everything that is faced can be changed, but nothing can be changed until it is faced."

Newt's Non-Skoot:

Exhausted, asleep since midnight except for short breakfast w/ Tone

Second Wind after 1:45pm short skoot to Trader Joes and back.



Sunday, March 20

Yo

Year On: John having terrible stomach/respiratory days. More weeks from the end. Hospice imminent.

- Chernow, Hamilton

b. 1710-14yo Hamilton:

- father vanished

- mother died

- cause/patrick is omitted

- aunt, uncle, grandmother

- also died

- left penniless

[Hm]

Was Edward Stevens

Hamilton's father, not

the Scotsman James?

(striking resemblance to

Edward Stevens, 2 year older)

As of 1770 a bolting man would have set Burr's odds of

"success" MUCH higher than

Hamilton's. One had privilege

and education - the other had

little of either.

7GV

Reply All

→ WUN

Daniel Alarcon

(Long form)

FINAL DAY IAAF

world indoors

✓ Vashi @

✓ Okolo 3 4x400 relay team @

✓ Olofinboba @ 1500

✓ Ajee @

✓ Dibaba @ 3k

[A. Ham]

Came to US in

either late '72

or first half of '73, greatly

aided by his cousin Ann.

He would have been 18yo.

As with people who go through intense trauma, the tendency is to NOT talk about it later in life, and Hamilton followed suit re: his childhood (like Gampop and the war).

As of 1770 a bolting man would have set Burr's odds of "success" MUCH higher than Hamilton's. One had privilege and education - the other had little of either.

7GV Reply All → WUN Daniel Alarcon (Long form)

FINAL DAY IAAF world indoors ✓ Vashi @ ✓ Okolo 3 4x400 relay team @ ✓ Olofinboba @ 1500 ✓ Ajee @ ✓ Dibaba @ 3k [A. Ham] Came to US in either late '72 or first half of '73, greatly aided by his cousin Ann. He would have been 18yo.

CUBA Obama's Land, the first Presidential visit since 1928

LiveLinks Quest CB

222 1:45am

College + Paul Simon walk.

reminder that it went downhill very quickly at the end for John - the stomach problems were really the muscles of his respiratory system succumbing to ALS.

① would soon learn that it was more complicated - & it wasn't the case that Chernow was writing nuanced history.

Grrr!

likely totally funded by Ann via the estate of her father. (a loan, notionally)

& change is constant. Change is G-d. Or maybe the other way around.

I was raised in Presbyterian loam, although my most religious great-grandparent was from the German Reform tradition.

Free Association. Can you imagine the Scot John Knox trying to understand the personality of Johnny Knoxville? 500 years is an ocean that prevents relatability.

naïveté



• Was diving deep into Revolutionary American history.

March 22 - 25 (2016)

Garry's episode of Comedians in Cars Getting Coffee w/ Seinfeld is a good one - captures a lot abt him.

Garry Shandling  
Nov 29, 1949 - Mar 24, 2016  
66 yrs.

As neurotic & comically-gifted as they come. I most associate him w/ late 1980's "It's the Garry Shandling Show" watching with Aaron in the Phoenixville basement.

This journals show I'm constantly reminding myself to fear certainties - prob. bc. my mind subconsciously leans toward that direction.

The force that undergirds all.  
An energy that passes all understanding...  
(like dark energy)

Thursday (cont)  
Newt's Skoot:  
Barber / Suburban Sq  
Merrick's Pharmacy / Visit from Elizabeth & Jim

→ GV Home, Uninus  
→ WW Simmons / Tollyn  
Trump USFL intervention  
A Burr Meeting his later wife and how they "cavited" wasn't as scandalous as play infers. (Theodosia)

Ludington @ SUNSET  
Randall's Chapter about death of his son, CRAZINESS and yet...  
Me: Is any "story" really crazy unless it hurts someone. The point isn't objective truth but subjective truth - something that feels right so that the grieving parties can move on.

222 9:30ish  
CARRY DREAM (announced about hours)  
Digi depression leading not from father wanting my info circulating  
clay keyboard

R.I.P GARRY SHANDLING  
"This is the theatre to Garry Shandling's Show"

Q: I am fundamentalist about anything? I don't want to slip into easy certainties about anything. It's always more complicated than the story my mind wants to settle on for ease of understanding and narrative.

- Wittgenstein's Poker Chapters 1-3  
Memories of King's College Chapel Evolving Nov 2011, just next to when the Paper - Wittgenstein disagreement happened.

CAMPBELL: In Judeo-Christian tradition, God is a final term. In almost all other systems, the gods are agents, manifestations, or imagined functionaries of an energy that transcends all conceptualization. Put it this way. Is the god the source, or is the god a human manner of conceiving of the force and energy that supports the world?  
Japanese concept: "The realm or world of the individual" and the "world of the general"

CONSCIOUSNESS - in what senses do other animals/primates share that energy with us, just on a lower level?

Friday, March 25 Babe Didrikson 296' (ft) 1931 AAU champs  
NesK: Citizens Bank Park / Five Guys  
- Shandling's 1st Letterman - Tunisia (cont)  
"If he had been born 30 years earlier, he probably would have become a leftist, but that ideology had failed in the Arab world."  
"The notion that radical Islamists could be made moderate by giving them a seat at the table turned out to be tragically wrong."  
Me: That goes into the funnels of the most dispiriting NY articles  
- Gopnik on reflections while walking through Roman ruins on demagoguery and decadence and how everything is more delicate than it seems when it comes to social arrangements.

Relationships can evolve from passion (what I first felt w/ Claire) to compassion when I internalize the "Individual, Individual - no destruction" transcendent view  
- The History of "Shuffle Along" NY Times Magazine John Jeremiah Sullivan  
Pre-Race walk in Bryn Mawr and pasta dinner @ Bertucci  
Girls season 5, eps 1-2

Next day was Phillies 5k in South Philly

Tuesday, March 22

A. Ham Only 6 months Elizabeth  
Close Friend of Boudinot - Only 5'7"  
at 19 seemingly very religious, almost pious.  
First Continental Congress in Philly 1774 (Sept)  
He was studying @ King's under a strict Loyalist Master  
Crispe in 1774 when it all started going down.

The Disappearance of Harold Barker - Princeton Banker / Olympian / Financial Investor  
Newt's Long skoot: Ocean city! Windy Boardwalk, huge slices, traffic jam on way home, sticky buns

Remnant Ministries - Las Vegas No 990 since 2004  
Down the

Brussels Terror Bombing ~30 dead

- Randall Cunningham's non-profit.

In early 1775, in "A Farmer Refuted" he is taking issue more w/ Parliament than with the British Crown. Wain't openly calling for Revolution.

up until 12:30am going thru property records, etc. → I can quickly become obsessive w/ historical research just like in, er, other things.  
Eve Walk: Stanford Course "Jefferson, Madison & Slavery"

A. Ham Concord / Lexington April 1775 273 to 95 casualties (B v A)  
took 4 days for news to reach NYC  
May 1775: 2nd Continental Congress (Philadelphia) inc P. Schuyler  
5k Time Trial hit a wall and 4k came in @ 20:30  
Legs Dead = Need rest

Wednesday, March 23  
Michelle / Cleaning Blarp!  
Benny Mardones "In the Night" video re: Ray's email  
exiled to Ludington @ 9:15.  
"Somebody Knows Something" still unable to let go off the Randall Cunningham feeling of skellumung.  
Finally, @ Newt's I give up the ghost and close all the tabs.  
Renews my passport by mail  
3:30 - 7am

Michelle / Cleaning Blarp!  
Benny Mardones "In the Night" video re: Ray's email  
exiled to Ludington @ 9:15.  
"Somebody Knows Something" still unable to let go off the Randall Cunningham feeling of skellumung.  
Finally, @ Newt's I give up the ghost and close all the tabs.  
Renews my passport by mail

Great Zim slang word

① The Great Unknown would be a kick-ass band name.

Me: People want certainty a religious offer that - few people are content the live with Great Unknowns.  
Q: How is it possible that some voters are convinced that Trump is for the working class? Words mean nothing - look at his actions throughout his life.

Sg Karl Popper research

Thursday, March 24  
Radicalization in Tunisia, NY, Packer approx 6-7k Tunisians have fought in Iraq and 1500 have gone to Libya  
"The old, traditional, moderate Islam doesn't offer the adventure of the ISIS narrative. It doesn't offer you the temptation to enjoy, maybe, your inner savagery. ISIS offers a false heaven for sick minds."  
Tunisia = only functioning democracy from Arab Spring



① Actual time 3 days later was 21:15 (somehow I slowed by 45 sec)



March 26 — 28 (2016)

**St** So True "Infatuation" can make misguided lovers take the intensity of the infatuation, this being "crazy" about each other, for proof of the intensity of their love, while it may only prove the degree of their preceding loneliness. Julian Fellowes: "No, contrary to popular teaching on the subject, does just usually give way to a 'deeper and more meaningful love.' There are exceptions of course. Some spouses 'love' forever. But, as a rule, if the couple is truly well matched, it gives way to a warm and interdependent friendship enhanced by physical attraction. Should they be ill-matched it simply fades into boredom or, if they have the misfortune of being married in the interim, dull hatred." **FW** A dead sparrow & squirrel. Brilliant Fantasy, red cardinal inside.

The Gospel According to Del: Anti-Muslim / Zero-based Accounting / West African Millennial Christianity / A love of debate / A sprinkling of misogyny. Easter dinner Dzodzum's 3:30-9pm HAM!! Girls, eps 5-6

**Ps** G. Shteyngart ON G. Shandling (NYC) Richard Brady on Swanberg: "Everyone has stories, everyone has a life, but finding the ART in it is the one thing that can't be taught."

Newt's Easter Skoots: Convo w/ Laurel & Tom, Miami (Laurel is a firecracker, not nearly as serious as I thought) Lunch w/ Patti, Rich Sorting through Karcon lost Quick trip to Acme



Filkins Remind Schwartz Lane Food & Travel DENY NEW YORKER

(cont from below)

"In 1940 he fathered a child w/ a 12 yo and remained unrepentant. He could also be abusive to the women in his life." Aretha's mother died when she was 10. "When she was 15 she recorded several gospel songs... and also saw a great deal of life, including the libertine atmosphere surrounding the gospel-music scenes." Moved to NYC in 1990 as a 18 yo

Cannon Songs: Respect, Think Ray's "Exiled", Nina's "Mississippi Goddam", Cooke's "A Change is Gonna Come" "I think of Aretha as Our Lady of Mysterious Sorrows." -Wexler

Monday, March 28

-Lane on Batman v Superman (Surprise - I didn't enjoy it) -Reminded on Aretha Franklin revival "There is a sense in her very often that people are out to harm you" "I feel I am very lucky not to labor under that conviction."

She is 74, since 40 she has refused to fly (July 1981) "Naturally she has lost and stammer, but she is miles better than Sinatra at a similar age." (You Make Me Feel) "From the days of slavery, the black church was a refuge, a safe base of community, worship, and speech, and as the decades passed the music of Sunday morning became increasingly associated with the music of the night before." Her father was born in Sunflower County, MS in 1915 - would be tough to find a more inexpressive time and place for a black man in America. A famed preacher who settled successfully in 40s-50s Detroit. (cont)

# RACE DAY

PHILLIES CHARITIES

**Rt** 5K 6:50 / pace

\* 21:15 [13th in age group] (22:02 San Diego 2014) dunkill ahead of any women 40-49 except 1 (21:13) Jen McDonnell

**Sg** Next year: 21:00 flat

Saturday, March 26 Reread Campbell "Thou Art That" (Notions of God) Sarah Larson on G. Shandling Postscript: "It wasn't that he provided anyone with certainty but that he was calm and reassuring within life's uncertainty." ← LIFE GOAL The Mastermind by Evan Ratliff (Paul Le Roux) Part 1 & 2 Saturday Montgomery Ave 7pm -Backbills Juice -Playing Politics / Mavin Shandling

A. Ham → Phila / DC Capital Campaign; Raising Revenues for Fed Government Office 3rd bldg Ches/Wal; house 3/Walnut

W/ wins again, beats Kansas & 18th Final Four

GIRLS S4 eps 3-4 222 10:15 sk Lacrosse HAV Coll.

Q: What is the symbolism that undergirds the Adam & Eve myth? When they ate from the Tree of Knowledge they became aware of themselves as being separate from nature while still being part of it. The gift/curse of self-awareness.

Sunday, March 27 Easter 2016 "Cloudy, with a 100% chance of Ham"

Him The great promise of human progress, seeded by the Industrial Revolution, failed us in our most elemental search for meaning and well-being. Naati → political/personal Liberation. Fromm Brain-Picker

What do I want? To be an alert witness to the world around me @ any given time? To give myself plenty of cause for awe and wonder. To be present and caring in my interactions with friends. To especially notice small instances of beauty and incongruity: to laugh. For each separate person that question of what we want is about the interplay of nature and nurture, mediated by societal norms. All great Teachers of Man have arrived at essentially the same norms for living: overcoming greed, illusions and hate and the attainment of love and compassion.

NARCISSISM: A dire danger for someone like me defined by Fromm as "when all one's interests and passions are directed to one's own person" Such is the death of compassion - the other focused trait I'm most interested in practicing. Me: I've made more progress in shedding my property-driven existence than I have in shedding a narcissistic mode of living. The latter has been tougher bc I have chosen not to get married or have kids, which can help force one to think and care of the Other on a day-in, day-out basis I must do this w/ friends and family only. Reply vs All 2mi

how quickly things change.

in other words — letting go of the compulsive ego: I, me, mine

→ this turned out to be my first & last Phillies 5k. Now

I don't run bc I'm afraid to injure my knees

→ far short of Babe Didrikson's 296ft.!

In the 8 yrs + since, getting married & having a step-daughter has helped a bit with the navel gazing.

Amy Gorman was a journalism student w/ me at Lehigh. She died in Oct 2015, but I didn't find out for almost 6 months. I've since been to visit her grave 4-5 times in NJ.



March 29 — March 31 (2016)

Sq Get home from GV and straight to gym for run @ 6pm  
 Wednesday, March 30  
 Gustu (La Paz)  
 Can a Restaurant for the Rich Benefit the Poor? NYr  
 Dk Don't Know Anything about what is going on in La Paz/El Alto day in, day out.  
 Flavor is very personal, because we always connect it with memories.  
 Q-Lean, Center cut & wireless Pork Chops (Fresh Rosemary 2/3 rem each side)  
 → GV Anthony Weiner ✓  
 → WW Curtis-OT Media  
 → 5k Unfathomable Night: Lord of Laurels - A. Ham (politics always have been a hot mess)  
 → 10 minutes Wordedown Garlin

Newt Skoot  
 Farmer's Market (Tubing Melt)  
 Outside shagging over Wilford bus  
 Fw Tennis Ball by Softball Field  
 Small Spangy Baseball

Q: Why is a helicopter hovering above Bryn Mawr?

A. Ham  
 1791-1792 Reynolds affair  
 Summer Summit

Fall 92: Congressional Unfaithful from Election (Adams/Clinton/Burr)

Winter 92-93: French Revolution intensifies  
 Louis XIV bankrupt Foreign policy broadsides

Summer 98: Yellow Fever

Fall 93: Cabinet in Georgetown/Hill House

End of 98: Jefferson Resigns

Big 94: Republican may in Congress

Investigation of Treasury Dept intensifies  
 exacerbated in May. Hubs of war w/ England.

John Jay sent off to negotiate.

9/30/94 G.W. & A. Ham set off for W. Pennsylvania to put down Whiskey Rebellion with an assistance of state militia. (Washington turned back to Philly ahead of Oct - only going as far as Carlisle camp)

Jan 95: Resigned Treasury.

Summer 95: Back in NYC at usual pace, frankly writing explosion of criticism

Thursday, March 31  
 Hav College Library  
 Booked: SFO → SAN 5/31  
 Ray, Jeff re: Night  
 No Connectivity  
 "Analog Marring"  
 Travel Goals  
 2017: East Walk/Xenia/Vamost  
 2018:  
 2019: Wm. Amherst?  
 2020: St. Crisp-Jam (COVID)

Newt Skoot:  
 Carlinos/Rite Aid  
 → GV Serial Final Base B  
 → WW Simmons/Olbermann

Pork Chops  
 Southern Fried Apples  
 Fw Pencil #2  
 Hav Ave.

Still No Internet  
 A-Ham until sleep

JOHN TREATY  
 "Sounds like an absolute much worse than Obama/IRAN"

Aratha (cont)  
 "In her reading, the blues always reside in gospel, and somehow this is her version of grace."  
 Food Experiments:  
 Green Tea for a week (instead of coffee)  
 No eggs  
 No Nuts  
 Probiotics!  
 Newt's Skoot:  
 CVS • Mom's Organic (Probiotics)  
 Dining room w/ Thomas & "What?" Patty

Ham Going through bit of an asexual phase  
 The problem of suffering Tuesday, March 29  
 has led many to a stronger belief in an all powerful God, but also made quite a few lose that belief. A lot comes down to how a person chooses to subjectively answer the question of why suffering exists.

Can a woman never be as anonymous in the city as a man - does she always exist on some level as a desirable or non-desirable sex object? Only if you use a man's brain as your point of reference. But even then, the non-desirable woman does appear invisible, anonymous, as pretty much any man can feel walking the city.  
 10pm BUT (your) I am (S) NE Vibro Tango (C) Then Baskets (FX), Tacos (ZZZ) 3:50am

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Weird Night  
 or, par for the course ... late nights are my kryptonite.

Rick W. & Julie J. emails  
 Whisk @ Spencers.  
 → GV Anelnd/Bntz  
 → WW Monon/E. Hawk  
 The Yellow of the Forsythia "an amazing" (NYRB)  
 Ludington Linnin: China 1-child policy  
 Ternal Removal (Right Foot)  
 A. Ham: Maria Reynolds (kinda, sorta a prostitute, Summer '91 Ham kept trying to delay Giza's return from Alibany, or high-end escort)

Have I become disenchanted w/ narrative? Do I distrust what it conveys the brain? I prefer a moment - macabre and less answers  
 -God's Work by Kevin Canty (Fiction) ✓  
 → GV The Watch  
 → Philly (58th St → Nikki's) Julie J.  
 Simmons/House  
 → POL w/ Nikki  
 Lamb, Shrimp Tempura, Chicken Pot- Sticks  
 Federal Donuts  
 → WW (na NKS) Baseball Preview

Philly (58th St → Nikki's) Julie J.  
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Say No To This, is the song Lin Manuel Miranda wrote about this in the play, but that fictionalizes a lot.

Still, 8 yrs later, I'm very distrustful of clean narrative etc.

"politics have always been a hot mess"

Hamilton only lasted a year longer than Jefferson in the GW Cabinet.



April 1 - 3 (2016)

April (esp the back half) & May are delightful months for walking in SE Penn.

This set up an all-time great NCAA final  
Nova v UNC

The Three Sons:

John died 4/3/15  
almost 65yo

Dad died 9/24/18  
73yo

Don dies...?

John's illness (ALS) starting in 2014 coincided with the start of my 40s, give or take, & unwillingly ushered in a new phase of my life - middle age for lack of a better term. It would be a time (& continues now at 51) marked by increased awareness of mortality, the aging/death of parents, and me "settling down" relationship wise. 20-40 young adult 40-60 middle age 60-? old age.

"Get Yo W's up" - Nikky Akande  
V 95 Okla 41 F  
(Biggest rout in Final 4 history)  
UNC over men ? Hard Time Falling Asleep ? 'now a NY Knick

1yr ago



Sunday, April 3

FIOS RESTORED



Johnny (today first Sunday in April)

BRAIN PICKINGS

Steinbeck; Russell; Cultural Institutions of Love

"One of Russell's most central points deals with our civilizational allergy to uncertainty, which we try to alleviate in ways that don't serve the human spirit."

"God and immortality... find no support in science... No doubt people will continue to entertain these beliefs, because they are pleasant, just as it is pleasant to think ourselves virtuous and our enemies wicked. But for my part I can not see any ground for either." - B. Russell

Evidence has but little bearing on what we believe (although we like to think it does). Maybe experience is the better word to connect to what we believe - and reminds us of the subjectivity of our beliefs)

Religion is an attempt to overcome this antithesis (what we can control vs what we can't). If the world is controlled by God, and God can be moved by prayer, we acquire a share in omnipotence... belief in God... serves to humanize the world outside our control and to make us feel to some extent that these forces can be our allies

"It is for us to determine the 'good life,' (for ourselves, & for others) not for Nature - not even for Nature personified as God."

Terrible SNL "Dinklage" Terrible UConn Semi

Opening Day 2016

Ns Darby/City Line/Montgomery

1/2 Hov College - GV Marion/Lubel

5:30-7:00pm WALK In Memoriam, listening to MLB pregame [tradition alert?]

Sun/Clouds/Soccer on Polo Fields "Live in the Now"

Many story tellers - like Werner Herzog - zag the other way, & their theme is the uncontrollability of the natural world & human's tragic pathos within its unceremonial forces.



Friday, April 1

No Internet

Walking New York

-Elizabeth Hardwick (d. Dec 2007) W 67th St near the Park

\$130 Bought Hiking Boots!!

"I say Jewish because of their tradition of rational skepticism; and also a certain deracination appeals to me" - E. Hardwick

Jay suffered in his loves from seizures of optimism, a blighting frenzy quite unknown to me. A meeting, an attraction, aroused in him a rich, agitated passiveness. He rushed into the future with the first glance, swept along by the need for connection that extended the moment before it had begun. He was one of those who look into new eyes and say: Now I'm going to be happy." E. Hardwick, Sleepless Nights

Crap dinner (leftovers); Miami Open Nishi v Kyrna w/ Dad A Ham in bed - asleep by 10pm

FOOLS

→GV "Keep it 1600" Red Wing Blackbird! Olb

Simon/

-Finish Dikabab Vogue essay Tirenesh v Genzebe 5/10k!!?

→GV (via HAY Library) Favs/Pfufs

→WW Dan Carlin

Bugs on Lower Field

Ludington Lib →

NYRB Frederick Douglass

(personally he might have been a pretentious asshole)

DAY 3 - NO WIFI

"The Nation Mourns"

6 for 6 running

NYRH 40min Nature Trail

C2 planning:

Train Man Air → St. Bees

Tues, Jan 12. 1v 12:00 or 16:00

£16.60 each ~\$25.00

Abbey Farm house Twin w/ private bath £95/\$120 per night

OR

Stonchouse Farm £70/\$100

Newt Skat: Farmers Market

Silly female cardinal w/ orange beak keeps running into McGill Library window. 6/7x before giving up.

Saturday, April 2

April Traditions: Penn Relays/Longwood? (Opening Day)

-James Weldon Johnson's NYC

I bet he met Hannah Elias @ some point

In 1901 there was scarcely a decent restaurant where blacks could eat in Manhattan.

1900/1905/1910 Race Riots in NYC

7/28/17 Silent March up Fifth Ave

Johnson's NAACP work "involved the saving of black America's body and white America's soul."

In early 20s he thought San Fran the best city for blacks.

SAN JUAN HILL (current day Lincoln Center Area)

Center of black NYC @ turn of century

JWT def of strolling: This is not simply going out for a walk; it is more like going out for adventure.

Just persuaded white train-goers in 1887 Florida that he was Cuban (by speaking Spanish) exempting him from Jim Crow law - shadow of Hannah Elias.

interesting

indeed, Cuban was a common feint in times of blatant discrimination

sounds like youth - this intuition that someone or some thing will make you happy.

Coast-to-Coast (UK) walk planning starts in earnest.



(as he hit this game-winning shot as time expired,  
Coach Jay Wright on the sidelines is impressively stoic, while I go nuts in the living room w/ Mom & Dad.

gloriously  
funny.

I majored in Journalism, so...



April 7-10 (2016)

Hm Is this my equivalent of Jefferson Farm Book - a cataloging of my life in all its intimate details and insubstantialities?

It is so hard, when thinking back on history, to forget what happened AFTER. That is available to us, but not to the historical actors we are thinking about - and that colors EVERYTHING.

→ Historiography 101

S West Jackie

222 1:00am

Pic Binge

April

→ GV D. Gurira (Interviewer was annoying)

Saturday, April 9

Fw Fat Bluebird in the snow

NO RUN

Snow

Shower → WW

- Mrs. Knopf and the publishing world

"Alfred was never much interested in sex, at least not with his wife. He took care of his needs with hookers, and on occasion - even shared them with his son."

wild stuff

\* Shower → WW

Simon/Best

Cold, miserable weather

Wearing my way through the shards of the historical record that speak to Elizabeth Hemmings, daughter of an African woman and Capt Hemmings, and later slave and concubine to

Hm I need to start being more intentional about what I put in my body.

Mustas Viewing

5-7pm

Jordan (Spideh)

at -3 going into Sunday

Great book by Annette Gordon-Reed

222 9:30

PURR-FECT

RE: Jefferson's contemporaries

Sunday, April 10

Hm Can I let go of processed sugar? (No)

"There were examples of prosperous Virginia slaveholders of his class who did distinguish their property rights in human beings and tried their slaves."

But religion strongly influenced these men, and Jefferson, a creature of others, was not like them."

"The most essential things in life I can only be experienced, not expressed. The rest is always and everywhere silence. After silence, that which comes nearest to expressing the inexpressible is music."

Huxley

→ GV Simon, then Annette (Siberian Spruce → juice)

\* Loved living in Paris, where the contradictions of his life were 4 so clearly assaulting him daily

4:30-7pm Ravenman: Cook steak & eggs and watch Master Sunday. [Willet wins me for the Midlands]

Fw 12th HOLE

PAR 3

Fall asleep super early reading about the British charring. Jefferson around Virginia during the Rev. war.

Huge Scoring Hawk by Axl. Ave. Pign

Soccer drinks @ Hav River Ball #1

SPIETH goes from -5 to -1 w/ River Ball #2

a Quadruple Bogey.

Jeff Madison talk @ Stanford

very rare these days

truly the perfect sleep pattern for me:

7:30pm - 5:30am

This is the best argument for religion in a practical sense... that it has led the way in history for some of the significant moral advances.

"So good I'll copy it out again: The most essential things in life can only be experienced, not expressed. The rest is always and everywhere silence. After silence, that which comes nearest to expressing the unexpressable is silence music."

① Answer is still no

Books BOOKS → MiB 9am 5K Ardman Pros

Ns Mom's Organic Dr. Koptler-Ardmore

→ GV MiB i Annette Gordon-Reed

→ WW Volcanoes: Surprisingly Awesome-Simple Fifth

Fw Northern Flicker near track

Cn Cooking Night Spinach Turkey Burgers

Thursday, April 7

- A bit of Merle Haggard 1990 NYr profile

- Love in the Time of Monogamy, NYT book review

Ratio btw men women as perpetrators of violent crime 10:1

"Monogamy may not be natural, he explains, but some of the best things we do aren't those that come naturally."

The trouble is that doing these unnatural things - learning a second language as an adult, avoiding sugary foods - isn't easy. If we want to live monogamously, we will be more successful, Barash suggests, if we are honest about the biological forces we are up against."

Hellava good point!

Qe We don't know ANYTHING about ANYBODY. Friday, April 8 Ns Handel's Devon-Acme

Junot & Hilton Ate "In Conversation" HOR 4.5mi

Narrative, by its very nature, is concealing of the complicated nature of existence, and of the ways that millions of plot points of a lived life can never be winnowed down without also losing much of the complex truth of the human experience

- Lyra Monticino critical academic essay on "Hamilton"

is there any such thing that isn't relative to the reference point of the observer?

→ GV Fw Patrick Tierney!

→ WW Ec Haverford Quad women

Jeff Madison talk @ Stanford

There's nothing like trying to run away from all that stuff to guarantee it's SUPREMACY. #herehere (2015)

Junot would have his own moment of reckoning w/ cancel culture a couple yrs after this - but tenure protected him.

cue Paul Simon's "American Tune"

A+ day of human wisdom.

→ only journals/diaries that are totally candid can reflect a life in all its subjective messiness & contradiction.



April 11 - 12 (2016)

I've watched this series twice - once alone & then a rewatch a number of years later with Tiff. One of my faves!

Hm Just don't have it in me to run on this rainy morning. Better Call Saul wins out!

✓ Great Ep.

→ GV WTF w/ Nikki Glazer (Food Issues)

→ Philly P.O.W. Finish WTF, then Zach Lowe w/ Mindy Thra Least Walk around City Hall and up the Parkway

Dinner w/ Nikki & Rosa Tattou (Top 10 worst dating moments listing at the table - hilarious)

Fw Northern Mockingbird ID

SQUADRON OF PEOPLE, HALF A BLOCK LONG, WAITING FOR A FREE CONE. SANSON

Hw Heard "Conversation between 2 cloachers in Starbucks in Fairmont about Asthma and Big Pharma and religion and rich people - chie full of conspiracy, frustration and certainty."

\$:29 R5 back to Bryn Mawr.

Ep 8 of Girls and straight to 9:35

Tuesday (cont) - Caleb Crain on war 1812 10/22/12

First TP is a master class in questioning historical "narrative" - historical nihilism. America, which started the war, accomplished none of its stated aims, and the peace treaty merely restored the status quo.

GOALS: Free trade and "sailors' rights" (to not be conscripted by British ships) Note: Many British sailors worked on American ships, where pay was better. Monroe claimed 76000 Impressments btw 1803-1811. Was it, below the ostensible causes of Free Trade and freedom of the seas, really about RESPECT?

Or was conspiratorial ANGLOPHOBIA unmoored from reality. Is it easier to believe that Napoleon wanted to rule the world or that England wanted to resubjugate America? (While we were busy subjugating Indians and slaves)

Attempted invasion and conquest of Canada a miserable failure. DL

"As a diversion the British Navy raided a burned town along the Eastern seaboard - and in late 1813 and 1814, it what was practically a separate war - Jackson reconquered Alabama territory, killing rebel Cocks. Admiral Cockburn overran and burned parts of DC. By April 1814, British Navy had blockaded all American ports on the Eastern seaboard.

Nov 1814 - Government defaulted on National Debts. Parts of New England forged toward leaving the Union (met in Hartford in Dec. 1814 - but in Feb 1815 news came of the Treaty of Ghent).

Jackson's victory in New Orleans didn't alter the peace, but it did alter the memory of the war. Larger events vis-a-vis Napoleon on the Continent were prob more operative (UK no longer needed sailors and didn't mind US trading then).

NEW YORK KOLBERT ALS CRAIN LEPORE LEVY LANE LUDRY LOOPE CLIVE JAMES

2015 Federal Taxes

→ GV Elizabeth Gilbert Longform

→ WW (cont)

Fresh Air STEAK & EGGS

Sam Brea Tiny dead Snake Bagel Sandwich

5K Fw

Dad and I watched The Trip

The English Countrywide awaits us (want to be completely out off for the most part)

ERICA QUEENS 222 ZAM

Got my copy of Tyler's Malice ... To write a book.

Hm The opposite of addiction isn't sobriety, it's connection

(cont) Spanish Civil War

The person who assassinated Trotsky in Mexico in 1940 was travelling on a Canadian passport surrendered during the war.

For 2 1/2 years Madrid survived under siege. 1936, 1937, 1938.

Hemingway: "War is the nastiest thing human beings can do to each other... but the most exciting."

Repub Government v Anarchists (war within a war)

Est. that after the war Franco had 20k killed and 400k sent to prison (he died in 1975, 37 yrs later)

Monday, April 11

- Lepore on Female Sovereignty in Political History

Tw "It boggled the mind that the House Speaker who impeached Clinton for Lewinsky affair was a serial child molester" - Nicholas Thompson twice a guest on Desert Island Discs

- Clive James on binge watching THRONES "Superficially bristling with every property of fantasy up to and including diff crowning castles... the show plunges you into a state when there is no state except the lawless interplay of violent power."

RE: Censor - "She is Proust's mother, who tormented him so much by neglecting to climb the stairs to kiss him good night that he spent his entire life writing a long novel in revenge." The real shock is not in what Joffrey's evil streak can accomplish but in what Ned Stark's virtue fails to prevent.

"Show business usually depends on fulfilling our wishes. In King's Landing, however, our wishes might run out of luck."

"To raise, for an un instructed audience, the question of what comes first, a civilized society or an instructive wish for civilization, can't be a bad effect for entertainment to have."

Tuesday, April 12

-XOXO meanings, Murrin and Shouts

- Spanish Civil War, Caleb Crain "Lost Allusions" began when some Spanish generals felt the liberalizing of 2nd Repub had gone far enough, war was unleashed from base in Morocco on July 17 1936, just before Berlin Olympics.

The war was "both a right wing military coup and a left wing social revolution."

Hitler, Mussolini provided Franco much needed planes to transport troops from Morocco (Navy was still Republican)

3/4 of the 2800 American volunteers were involved in the Communist Party in the USA (many Jewish, from NY)

"Trotsky believed revolution should be fastened in all countries, and Stalin LOATHED him."

→ not if you understand psychological projection!

① This was my 2nd time watching & Dad's first. I'd seen it with John the year before. I've seen it 3-4x at least since. I love, love, LOVE this movie - it's perfect & the score is hauntingly glorious.

→ & another seed was planted. See Spring of 2017 for flowering.

→ Leave it to Ernest to capture a human truth in a succinct sentence.

The narcissism of small differences rears its ugly head again.



April 13-15 (2016)

In the small orbit of our personal lives, these are the people we feel fondest toward - but they tend NOT to be the people most remembered at the MACRO historical level. Those are people who achieved memorable things writ large - think Lincoln - but for whom to have known them in real life was usually a taxing proposition.

\* Bonnie Raitt came into Kushner Locke in the late '90s when I worked at the reception desk. I was not yet such a huge fan of her version of John Prine's "I Can't Make You Love Me"

BA Bay Keli Darley  
Area "Lady Journalist"  
Kindness: Good people will always be remembered.

→ GV  
MiB (cont)  
→ WW  
Meiron + David Simon

Fw Multiple Baseballs  
Jordy + Patrick @ Hav

Thursday, April 14  
Mapping Training Walks  
April → City Hall vs Fountain  
May/June Privile → Bryn Mawr thru Valley Forge.

NS Haverford/Remington  
Mar berth/Minst. Ave  
Lancaster

Go Nay Haroun ("Eh")

Bryn Mawr Circuit  
- Mamm (cont)  
- Moon

MOM + DAD LEAVE FOR CT

Heidi's Birthday

Rf Random  
Fort Bonnie Raitt studied  
African Studies and had thoughts of going to Tanzania, inspired by Nyerere's democratic socialism.

"There is no humility in monumental biography. But there is humility in nature, in time, and in history."

Melville → Walking Kindred Spirit

I. Jeff Sally Hemmings sailed with her 1/2 sister Polly to Paris in late Spring 1787. Sally was 14 (went through London, stayed w/ Adams).  
The age of Consent in VA was 10!

→ GV  
Todd Berry  
→ WW (via Lexington's Qliba)  
Simmons & Dryden

Ld Lexington  
Obama Foreign Policy v The Law  
Afghanistan

Heidi 4 her Birthday  
"Garth Sheldan"

Friday, April 15  
Fw Marcus O. Denault  
Gray Titmouse  
Moe Balls! SK

Lepore on George Washington  
"Well turned" - 18th Century meant tall, regal, rode horse well  
His dentures were partly made by teeth from his slaves  
1775: Appointed head of Continental Army and rode to Cambridge to take command. (Stepped down after the war)

Returned to "public life" for 1787 Constitutional Convention  
In 1791 he began holding "cabinet meetings"

Washington was fond of the term "His High Mightiness"

Lepore: "He held himself at remove from pretty much everyone."  
"He was going for imperturbability that had to do with 18th century notions of honor, gentility and manliness," what is today somewhat like military bearing.

Adams & Jefferson's deaths in 1826 loosely corresponds to A. Jackson's ascendancy and the new era where leadership wasn't reserved for the aristocratic class.

Adams n: GW "That he was too illiterate, unlearned, unread for his station is equally past dispute."

Biography/Narrative is, in long port, illusion & artifice  
Chernow, esp, succumbs to this I feel.

Lepore: He wrote psychological profiles of people who lived before (long before) an psychological age.

John Adams was savage w/ his pen.

Dunbar 15  
Mom, Dad,  
Ray, Endel, Spencer,  
Candlyn, Noah,

Nikki, Rick, Heidi

Marcia, Ogechi

Joy, Nancy, Urs

Sg Online Passport App To-day!

→ GV  
Ellie Kemper  
→ WW  
The Watch; Clavette; Andriotti

Fw Brilliant yellow tulips on both passage-way post walking bridge.

SUNSET STROLL

Simmons/ HOUSE ALL-NBA

Bryn Mawr Route

Return Library Books

Jefferson Review

We are all a bundle of contradictions.

GAME OF THRONES

RE-WATCH

SEASON 5, EPISODE 1

Awake middle of the night

Kobe beats Jazz in FINAL

game - 60 pts on 50 shots

Warrior win 73rd game in comp

called Tango

Of course Kobe shot like a maniac of scored 60 - he was ever loyal to the myth of himself he was always making.

Just less than 4 years later (Jan 2020) he & his daughter would die in a helicopter crash.

→ a photo of dad is on a small wood memorial wall of that footpath today (between Hav College & Haverford Quaker Meeting)

Wednesday, April 13

1765 Stamp Act 1773 Tea Party  
1764 Sugar Act

- Crain on American Revolution 12/20/10  
We'd rather not remember now that American Revolutionaries could be irrational and cruel.

Adams and Hancock working levers to sow discontent and protest in Boston on behalf of merchants to onerous taxation

1768 British Troops moved into the city and occupied it for a year and a half.

April 1770, Parliament repealed all the duties, except tea, "to give him the right". Non-importation campaign from England was scrapped - some people felt cheated.

Est. 3/4 of 1.2m pounds of tea each year was smuggled  
Of the approx 100 participants of the Tea Party 8 were employed by 1 radical merchant.

Washington / Franklin both disapproved of the Tea Party and merchants, who fermented discontent, were losing the ability to hold back civil violence.

Britain overreacted, closed the port, and troops arrived in May of 1774.

Sept 1774, first Continental Congress in Philadelphia  
People were believing all rumors re British atrocities

The Continental Assoc. passed (crazy details)  
The pattern had happened alot: tax, fuss, repeal, calm - that until Lexington and Concord in April 1775 neither side imagined the other might not back down.

The British were doing to us trade wise in the 1760s more or less what the Chinese are doing today.

"Even today, Americans don't want a revolution against their own conservatism - not for all the tea in China."

Consumerism for the W

It is so hard to teach the Tea Party to a non-history educated audience as anything other than an 'inspiring political act' - when in reality, like most things, it was motivated primarily by self interest.

rumors? that doesn't seem like humans - LOFL



April 16-18 (2016)

## Baldwin for the W

Baldwin: The artist is bullied into dealing with what he doesn't want to hurt you. If it's what hurt you, that's not what is important per se. Everybody's hurt. You must find a way of using this to connect you with everyone else alive. Your pain is trivial except insofar as you can use it to connect with other people's pain. Rf Re-Read Baldwin portion of this BP

...the reason it is terrifying is because it makes you once and for all responsible to no one but yourself. Not to God the Father, not to Satan, not to anybody. Just you. If you think it's right, then you've got to do it. If you think it's wrong, then you mustn't do it. All the while knowing, deep down that "the whole nature of life is that somebody's right is always somebody else's wrong." Nothing in this world belongs to me; I can only "have" it by letting it go. The path is in surrender.

Ow observed Woman on El w/ crazy notebook of scribbling walking Baltimore Onole ... hat

Everybody Wants Some!! (Ritz East)  
[Expectation Theory hurt it] S "Take Nancy" then Dominique AR then N.E. S 2am

Yo Year On: John's Funeral gloriously beautiful Sat. in Sch. S Schopharic Dominique: Sanders Buddha Boy - Pennick (9/18/95) on Ben Bradlee

Gv Archrod/Ben Rhodes ✓  
→ WUW  
E.A.H Ben Franklin's World: Sex & Founding Father



Hal's Cousin

I loved naming the stuffed animals Hal the Owl

## Sched'n' the Day:

12:27 → 1:00pm NHL/EI  
Walk to Reading Terminal  
2:00 → 4:00 Soak in Ham  
4:00-6:00 Ev Wa Some! Ritz East  
7:00pm R5 → Bryn Mawr

Sundown chat w/ Dominique? ↑ who?

Foxes 2 FT  
Hammers 2

This nightclub has everything - Vandy goals, not cards for diving, 2 goals in 2 minutes and an injury time penalty equalizer

PASTRAMI SPECIAL  
@ Herschel's S spinner

Monday, April 18 YN 8:30 - gulp.

James Wood on Edna O'Brien's 'Little Red Chairs' Her novels "have a deep, authentic radicalism: they commit themselves to exploring the lives of women as gambles on freedom and acts of rebellion - against the prohibitions of religion, the judgment of petty societies, the class disapproval of mothers, the expectations of marriage and parenthood, and the carelessness or indifference, or worse, of men." What is it to long for home and carry memories "and the essence of their first place, known only to them." M Wood is a master of prose ✓

☞ coffeebean  
1ST DAY USING coffee grinder  
Kona!

11:00-3:00 A. Ham Research for 1st # Philly Tour "The Reynolds Affair"

Saturday, April 16

-Read Hemingways of Monticello (Sally m Pains on the cusp of Revolution)

NETFLIX  
"The Barkley Marathons"

Frozen Head St. Park W of Knoxville, TN  
PHO 4 SEASONS (collingdale)

S Small Joys  
Listening to Kyle's "Hate to see me go" on wall from Wawa, and singing

10pm S Chat w/ Rachel F. M 11pm

Drive Home via Landsdowne/Dorby Roads Linklater + Maron

Sr Angel Piccirilli! 4.4mi NYR PHT  
Hav. Naha Trail

Grant Blue Heron  
\*Yellow Rumped Warbler  
Downy Woodpecker  
Red Winged Blackbirds all over -

+ huge turtle and RS/Harold, big ass fish Furs/Pliers

LAST OF THE RASPBERRY JAM  
"TAPS" This is a version of what I

#Mt. Sac Rundown  
Amec Webb - who dat? 100/200 runner 9.40/19.91

Jenna Prandini 10.95-100  
Cuniffe 10.99  
Edonut via Rogers - 800  
Vashti 1.93 "meh"

Q What is it I must do? what, wonder, interpret, laugh

646  
T.A.L. ✓  
Sachseer #Mama 4.5mi Hav Trail

...the poem lives partway between lamentation and celebration - it stands as counterpoint to our culture of competitive striving and ceaseless self-comparisons, but it also reminds us that the accomplishments of others aren't the detriment of our own; that we can remain purposeful in our pursuits while rejoicing in those of others ... after all, [there is] enough to go around even in the austere of circumstances. - M. Popova  
Words are attempts by us to get to something which is not and which lives behind the words, is God, Divine, Soul, Love

This is a beautiful place to walk down by the PHL airport - esp to see blue herons & the occasional bald eagle!

① Kyle Rullman, my cousin by marriage to Julie Alford - he's on Spotify. Check him out.

<chef's kiss>

Maria Popova

What "hurt" me?

Nothing physically. I was loved & cared for.

Emotionally/Intellectually, maybe I could say young Garth was "bruised" by certainty - all in the direction of Protestant Christian theology.

Dad & Mom believed in Satan as a specific entity - WILD!

"Somebody's right is always somebody else's wrong" (sounds like a really wise song lyric)

I spoke at John's funeral & can picture being up in front of the assembled so clearly in my mind's eye almost 10 years later

Having by letting go - surrender.

as simple as that (and a rattle-a-tat)



April 19 — 24 (2016)

still walking around the world  
eight + years later

Louis CK is less visible

Take Winston + Merion walk Thursday, April 21  
→ GV  
Achelrad + Plouffe  
→ Iona (via TJ's)  
B.S./Louis CK:  
Me: Louis is so even headed to me - spits a lot of wisdom.  
Hm: Walking on Lancaster (John's painting), by the old Waller Video, Stepmo Place, etc had me thinking about the nature of time, how we change, how, if at all, we are part of our former selves.

**GOD IS CHANGE**

R.I.P Prince 1957-2016

THE LOST DAYS

• Dog sitting Iona Ave  
Winston was a NUT  
Friday, April 22 - Sunday, April 24

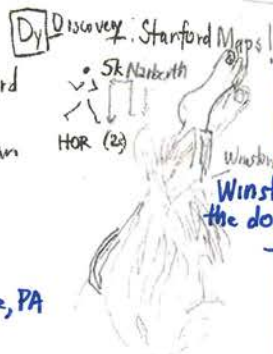
• Sushi w/ Nikk followed by  
dessert on Narberth Park bench  
"Shake U down", "When I think of you"

• Saturday Coverage for Patty in VA  
Back and forth Iona - Radwyn - GV

• Sunday breakfast w Dunny & Bernice  
• Friday/Sat Montgomery - Church  
- Lorraine walks to GV

dogsitting in  
Narberth, PA - not  
far from where my  
grandfather grew up  
at 1048 Montgomery.

STATE OF SPORTS: Harper > 1.2 OPS; Curry sprains his knee; APC loses season opener 10-8



Discovery: Stanford Maps!  
- Paul Salopek: Anatolia  
I have seen no place on my journey more beautiful or sadder than Ani.  
Why do we so often hang on to the memory of trauma, even collectively.  
When Homo Sapiens branched out from Africa, they "disappeared" all other hominids.  
[A. Jeff] "Jefferson had a way of silently exempting himself from many of the admonitions and platitudes he 'passed on to others'."

Monday (cont)

[Me] Nations, families, individuals built whitewashed myths on the back of time - the longer that passes, the less nuance, the greater the glory and hagiography.  
- Remnick (cont.) Ben Bradlee  
Member of the Happiness study? #Hmward  
Roxi + Winston + Merion @ Narberth

WdihHff/W4LT/Lf Winner

TRAINING WALK w/ DA  
Ardmore → Montgomery  
Byn Main Ave. Wyndfield  
Fairmont - Memorial Hall - West  
River Drive - Parkway - City Hall  
7-10:30am

Tuesday, April 19

- Nussbaum on Kenya Baris (Blackish)  
[Sg] Email re: booking thru Gromm  
Book San Diego AirBnB  
Book Philharmonic  
[A] Magill grade @ 5pm

Reward: Miller's Trust + Lemonade

NHSL John Jay

[Ns] Drop Lincoln off @  
Dewon AAA Auto Shop

[L] \* 1st walk w/ Merion



✓ Phillie  
✓ Chula V AirBnB  
✓ Inquiry: St. Basil / Emeraldale Ytillary

Tish → DOSS - Ilish → YAWN

[Inn] Maria Bamford (Netflix) + Better Call Saul Finale

420 DAY

Sk Hual (reluctant)

Wednesday, April 20

- Finish Kenya Baris NYr article

[Ns] AAA car pick-up;  
Farmer's Market

(I don't smoke, tyi)

(dog sitting 4 Aaron & Roxy)

Start of 4-day Narberth Residency:

• B.S./Louis CK → Thai Restaurant: Narberth  
residential streets are GORGEOUS

[Fw] Huge Lilac Bush  
Yoga woman w/ desirous eyes asking  
for directions

Eve walk w/  
Merion

[Cf] Sent  
Forget

→ GV  
S.A: Boredom  
[Mg] C2C accommodations

→ WW  
A History of Everything  
(including you)

Walk thru Haverford was the  
first truly stunning day of  
Spring - blossoms, colors,  
scents.

The fates of Madagascar

♥ it  
every year

① Walked from  
Ardmore church  
to City Hall  
slowly gearing  
up for England.

'RadioLab' if  
you want to  
search it.



April 25-27 (2016)

② Took John's grandson up to Lehigh for the day.

'Why so many smart people aren't happy' is a great title for grabbing my attention.

\* research, secretive writing ... & being a consistent & joyful presence for T & t

I've heard so many people who have been to a lofty mountaintop report back & say this.

Notably -  
Jim Carrey  
Will Smith

PROCESS. PROCESS. PROCESS.

We find meaning in the 'working toward', not the final achievement.

Annotating & scanning these journal pages to Archive is one such 'process'

Tuesday, April 26  
PRIMARY DAY  
6:10am @ Spencer's Loft  
Birds chirping away  
"Purple Rain"  
Sun streaming in through the balcony / sunroom window eaves.  
Never are moments as peaceful as this.  
Dr. A small group of oncles landing in a tree right outside a window where I sat - joy  
Ns John's village market - Berwyn  
Haverford to 7 F&M 2  
(Island Store - DH)  
Freshman  
Walk home w/ Matthew (Frasca)  
Bourdain - "Phillipines"  
me SO TIRED by 8pm  
Julie Visit 9-10pm  
2nd @ Species  
Renée  
Very nice conversation  
Topics: Alabama, childhood insecurities (skin), journaling, honesty in relationships, masturbation (yes and) and the foundations of sexual experience - either "connection" or "excitement"

Wednesday, April 27  
R. Pinsky "Why so many smart people aren't happy"  
Atlantic  
"Ultimately, what we need to be happy is at some level pretty simple. It requires doing something that you find meaningful, that you can kind of get lost in on a daily basis."  
Mc Security is a framework that is embedded in our human nature by evolution - but in my case the things that are most important: food and shelter and security are NOT secure, so the mindset does NOTHING for me. & too - always had lots.  
Central Illusion: If you achieve some given thing (that you've set as a goal) you will be happy. It's not true. It's because of adaptation, but 2/ because there are mountains beyond mountains and the anxiety is immediately turned to the next one in line.

THE DISPASSIONATE PURSUIT OF PASSION  
(Not tethering your happiness to the achievement of outcomes)  
No matter whether you see life as benign or malign, that's what you'll see evidence for - when we focus is what we see.  
I'm 42, and have lived long enough to know my passions: walking, history, maps, birds, good food, exercises, audio story telling.  
How can I make a stew of those?  
Renée ... then N.E. to Anacostia women @ 3am - sheer!

I'd add historical primary source research

Monday, April 25  
Pastor: Prince Rogers Nelson  
The idea of orgasm as transcendence. I reached for that too. While we are consistently or occasionally seeking the experience of Transcendence - it is in a major or minor key - and how do we balance those tonal shifts?  
Beyoncé's Lemonade. "[It] is the product of a brutal tension: a woman who has been defiled by the entire world and yet cannot secure the love of the person closest to her."  
"My daddy warned me about men like you."  
Why? Because he was such a man, and when you are such a man (like me) you see it everywhere, even when it doesn't exist. And yet the daddy was naive. What are the force of words? Very little. The force of his own example w/ Beyoncé's mother is orders of magnitude greater. We do as we see as kids, not as they say.  
Pic Code Hollywood films 1930-1934  
"Censorship can cripple, inhibit and destroy, but, in forcing artists to invent, it can liberate too."  
circa 1933 @ start of Roosevelt Admin: "an industry financed by Protestant bankers, operated by Jewish studio execs, policed by Catholic bureaucrats."  
Sin could be shown in movies, but it had to be punished.  
1952 movies finally received 1st Amendment protection  
'54-'59 workday of codes: influenza / 1959. Some like it Hot released w/o codes imprimatur.  
"Americans do lecherous, off-color comedy w/ great gusto, but they tend to get nervous about sensuality and eroticism."  
masturbation (yes and) and the foundations of sexual experience - either "connection" or "excitement"

We ended up staying in touch until ~Sept but never meeting - she lived in NC

va, Va, VA VOOM!  
(but she sent me an amazing pic in July when I was walking England)

My old age is targeted toward more minor keys of T

damn, G you be spitting insight.

This is a psychologically fascinating 'compromise'



April 28 - May 1 (2016)

highs & lows always travel together

Me, Dad, Matthew (& Don?) at Phillies Game

→ WW  
Alain de Botton  
"Course of Love"

✓ P Phillies 4  
Indians 3

11 Ryan Howard Walk-off  
(6th, presumably final of career)

"Water's a dollar, shirts are 6"

9 Race Vids YouTube  
w/ Matthew

Wake-up 8am @ Spencers  
Tired! (two straight nights  
"chasing the high")

9 → GV  
end of HOR

N5

Arden Farm Market: Skirt Steak  
Carlinas: Risotto / Gas.

Me Q: What the fuck is the South's issue  
with expanding tolerance? They have always  
been the last to adapt to how this society is  
evolving, even though in the long run it is a  
lost cause.

Ch Chef

Skirt Steak; Beans/Tomato mix; Risotto  
Pecan de Ricastana Ruc Krippy Treats

9 FASTBALL

"Electricity" (that pop)

9 SILICON VALLEY  
S3E2

222 9:45pm

celebrate good times, come on! 🎵

Friday, April 29

9 ParCast  
Cocinas

9 GV Northrup-Brook  
Marybank-Ellis-GV  
5K ~23m

Finished NYC Plastic Bag Saga  
"the underlying malady is a system of banking  
geared to convert ostensibly riskless deposits into  
long-term risky investments, all the while assuring  
depositors that they can redeem their money at any  
time."

Wallace Stevens: "... is a thrilling story of a mind,  
which emerges from a dispiriting story of a man."  
"Since then, his reputation has stood as a windswept  
monument, tended by professors."  
"He was no better than most white men of his class in  
point of casual racism and anti-semitism, though fewer  
such toxins leak into his poetry than into that of Eliot  
or Pound."

11:30am → S. Plainfield (Laramie Ave House)  
then Prospect Ave house then Park Ave School  
Then put HS to lunch at Dorcy Road.  
10am - 3:15pm

Simmons/Sacca | Axelrod/Rhodes

I remember this day trip well,  
& I'm glad we took it together  
His upbringing fascinated me - esp. the father  
who disappeared.

# PENN RELAYS

Saturday, April 30

NHSL → Market Frankfurt  
Luxury Walk to Franklin Field

The beautiful chaos of Section E2, Row 12  
Deep in the heart of Little Kingston

Races of the Day: (2:00-8:30)  
Jater holds off SA FP / K. Edwards coming  
almost all the way back in the 4x500 for 2nd  
100yo woman; Hot ass HJ woman winner  
Penn 4xmile win Anad;  
Dinner = Diata Relays: DYK • Phillies (Don) • To Spencers

9 AXUM ... then Lava ... then Tina (GA) 222 3:00am

right back at it

Foxes 1 FT  
Man U 1  
@OLD Trafford

→ Magic#2 Sunday, May 1

Due to rain; general malaise  
on Newt's part.

then back to Spencers (Jater still at)  
Radium

great phrase

Watched upstairs @  
Spencers)

Home & Focusing on taking everything slow, including this sentence.  
No need to rush.

"Despite himself, White  
ends up treating Gos  
quite as his parents  
treated him, with cruel  
capricious neglect."

Schulz on "H is for Hank" Grief/Raptor training  
"Books about nature, like the category 'animal', sometimes suffer from a sin  
of omission: in both cases, people belong inside of them but an often left  
out. Books about grief run the opposite risk; too much of the person  
can be left in, too much of the world omitted."

SCHULZ is SO good  
Wake: "The essence of  
death is loneliness, and  
have had plenty of  
practice at this."

Me: Maybe I'm just paraphrase enough to be able to see the subtle,  
nuanced pattern of human behavior, but for shint of the specific  
genius in any discipline that often makes social graces difficult to  
juggle. (But I'm still frozen by the fear of failure)

♥ little self-honesty/humble brag bits in my J

A hit parade for  
my eyeballs of  
lithe track stars  
striding around  
UPenn's campus.

1 What always made it  
difficult to enjoy time  
w/ Matthew was his  
ADHD/Autism Spectrum  
brand of anxiety  
I feel for him. He still  
struggles today



May 2-4 (2016)

Indiana Primary:

Q: Does the bell toll for Cruz?  
A: He's out!

King of Prussia Mall  
- Chien School

NHSL → 40th Locust → South St.



RASPBERRY  
RHUBARB

Rob Reiner/WTF

8 Noble Rittenhouse

Author: Kali Gross

Oscar's Tavern (2 Pints) w/ Spencer

Luke's Lobster (Heavenly Roll)

T45 R5 → Bryn Mawr

⑤ Lisa/Renée/Jackie

Aft Run

HoR

Lee Circle

FW Rabbit eating a dandelion

⑤ Maria 8:00-9:30pm

Amazing that she and I stayed

friends - yet I am still in touch w/

Katy, Diette, as well. Anne, etc.

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⑤ Maria 8:00-9:30pm

Amazing that she and I stayed

friends - yet I am still in touch w/

Katy, Diette, as well. Anne, etc.

Tuesday, May 3

-Schulz "Track Changes"

Yes, I am suspicious of conventional narratives.

I guess, as such, I qualify as a post-modernist.

"In Morgan's hands..." (it is) the resort of a voracious

intelligence trying to do justice to an overwhelming world.

[Hm] How radically do fortune & misfortune (or serenity)

compound over time?

More decisive than genius (in Morgan's view) is the

sheer unstoppable momentum of the past. Not

a fatalist - but also a realist.

"Females qua females do fine in this book, including

Hannah Tabbs fillias, but mothers, daughters, and wives - women

defined by their relationships to men - suffer

silence, sickness, abuse and early death.

\*The only lineage that matters is the one common to

us all. (or all sentient creatures?)

Wednesday, May 4

-Have Mind, Weissbaum (Sam Bee)

-Lone: "In short, Luca Guadagnino has made

something rare and disconcerting, a genuine pagan film.

"A Bigger Splash" is frankly unrelaxing, and impossible

to ignore. You emerge from it restless and delirious, as though

a movie screen could give you sunburn, and the

story defies resolution.

-Als on "Long Day's Journey Into Night"

"As Carson McCullers wrote, being someone's beloved

can be intolerable: the lover is always trying to

see you, to strip you bare, and what could be worse

for the addict?"

MLV

can be intolerable: the lover is always trying to

see you, to strip you bare, and what could be worse

for the addict?"

MLV

can be intolerable: the lover is always trying to

see you, to strip you bare, and what could be worse

for the addict?"

Taylor Swift "Style"

5k

Hual

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Last night GOT up 2!

Jon Snow is alive (no duh)

Christina Williams

(800-Payton 2 flat)

Peter Singer, Open the Cages!

Speciesism predates (NYRB)

capitalism, and makes us immune

to the suffering of (some) other

animals.

• Is the treatment of animals

in factory farms "perhaps the

worst crime in history?"

Me I have the feeling of

overwhelming guilt

reading this - wishing it

weren't true - and yet knowing

how entwined it is with my life,

Maybe Thomas Jefferson felt like this.

→ GV → Notice

Chen de Guzman Trail → Observatory

→ WW

Curtis/Miller ESPN

→ Meat/Singer

English "History"

222

→ 222

→ 222

→ 222

→ 222

→ 222

→ 222

→ 222

→ 222

→ 222

→ 222

→ 222

Monday, May 2

-McLuska Trump NYr

"The infatuation with Trump is essentially

a mass adoption fantasy. He is Daddy Warbucks

without the New Deal vibe."

"Trump's variations on boilerplate nativist politics is that

he talks non-stop about money. It's like a prosperity gospel

for white grievance."

"The Trump's ostentatiously megalomaniac marriage ...

can also be thought of as a marketing tool. This is the

prosperity gospel for white grievance." - Ray

-K. Sannich on P. Simon

"... hearing in his lyrics a shrugging acceptance of an

imperfect world."

Beavis now referred to him as: "that dude from Africa"

that used to be in the Beatles."

They say all roads lead to a river

There one day

The river comes up to your door

How will the builder of bridges deliver us all

To the faraway shore.

"He doesn't sound as if he expects an answer." - Sannich

(And neither do I.)

© Silicon Valley / Veep

BOOM!

Life can take on an

unexpectedly beautiful

hue if you ask questions

but don't insist on certain answers.

538-Complete True series: 10, 11, 12, 13, 14, 15, 16, 17, 21, 23, 30, 33

→ 8 years on, not so much guilt,

but likely only because I stopped

thinking about it.

→ 8 years on, not so much guilt,

but likely only because I stopped

thinking about it.

Yikes!

'Insomniac's Lullaby'

... for my dad,

sadly, his bridge

was a cerebral

hemorrhagic brought

on by jerking off.



May 5 - 8 (2016)

not too shabby in the antanalysis dept, G!  
Right now the US leans heavily toward the Saudis.

Always. Always. Always!

Still on our 'movies about England' kick before our trip.

This kind of intellectual humility feels like the beginning of wisdom

Johnny U.  
(the non Football one)

but we think we do.  
Just like we think we know for sure what President will lead to the best overall outcomes.

AF Feeling really unmotivated, slothful after work. Second straight day I haven't walked - so I went on a 45 min walk/run through Bryn Mawr listening to Simmons & David Chang. It got some oxygen flowing and my mood showed marked improvement.

FW Smiley face pencil (Viva Video Parking Lot)  
Dead racoon/fox Landover Rd.

NS Menon Cricket Sports Bar - Reuben, Toronto Soup

Chicken pot pies, marked sweet past.

Mr. Turner w/ Mom & Dad

S Amma - bond - Z2

Brain Pickings

Update: "Each day, we wake slightly altered, and the person we were yesterday is dead. So why, are could say, be afraid of death, when death comes all the time?"

Vonnegut: "The truth is, we know so little about life, we don't really know what the good news is and what the bad news is."

"True knowledge progresses not toward simplifying our answers but toward improving our questioning mechanisms to better address complexity." - Wilczek

OFF WORK!  
(Patty called a shore)

Rw Fatlife profile - "climp"

Montgomery/Hav Loop on a Spring Weekend @ Ben Franklin's World (Hate her interviewing style)  
- Mann/Al Wong (Love his conversational style)

Saturday, May 7

W Feels like the 10th straight day of wet and gray.

Schulz Invisibility

"Anyone with an internet connection can turn invisible and the results seldom boast one's faith in humanity ... it represents a longing to be unaccountable - to be, like gods and despots, beyond the reach of custom, obligation and law."

"We yearn to turn invisible when we are humiliated or persecuted or following our darker angels. But when we are our best selves, experiencing our finest moments; or when we are lonely and concerned and suffering - at such times, what we want is to be seen."

... but on the broader subject of invisibility, Plato has a point. Almost everything around us is imperceptible, almost all the rest is madly difficult to perceive, and what remains scarcely amounts to anything.

"We can see a fragment of the WHAT of things but nothing of the WHY."

Sunday, May 8

Me What is it that all living thing share? - An irresistible impulse for aliveness.

Wt Wild If sex is something I thought most people prefer to do with someone they love, rather than merely like - why can't mutual masturbation be a fun partnered action - something safe and intimate to go with someone you merely like but who you don't run you love yet.

NETFLIX Wong/G. Gulman Binge specials

@THRONES !! ep3

S Maria (Synapse) late....

ZZZ 3 am

Always the advocate. the worst!  
How many ♀ have I done that with - 20 to 30, maybe?

Zadie in the Hizzy!

Me When I look at the map of the middle east from far east, it is clear that Saudi Arabia and Iran are the dominant land masses, and represent the old England France divide of the 1600s

Christian theology wedded to political power mechanism.

PASSPORT DAY (delayed till tomorrow)

Photos (Patty w/ Delay)

Why do I like her? Because she doesn't project a certainty of mind. !!

What books would I read

Zora T. Wines; Tom Beloved

Feb 2016: Toyo Calc Open Gigs

Person Dispace

Z2 10 pm

Yw 6:15 am

Me & Kate flirting... but no.

Zadie or Zora

"Something similar had been done to Harriet herself. She is like Jane, set on her porch, isolated, far from the people and things she really cared about, representing only the ideas and beliefs of her admirers, distorted by their gaze."

Q1 Isn't everything "distorted by the gaze" into their own conception/experience of reality?

When I set my hat and sweater down 7th Ave... the cosmic Zoo emerges... how can anybody deny

I used to saunter down Amsterdam Ave, from ~140 to 123, before taking a left on morningside drive - that's when the cosmic garth emerged...

Thursday, May 5th

Panna & Pankillers, NYT

Author Hanif - modern day Pakistan

"Until 2013, no elected civilian leader had ever handed power to another, generals always intervened."

Zia's rule 76-88 coincided w/ American funded campaign against Soviets in neighboring Afghanistan. Helped radicalize Pakistan.

Simmons/Rappaport (Stickman, Dillon/GJ/Prince)

"Zia had instituted a sweeping Islamification of Pakistani society, making such offenses as adultery and theft punishable by stoning and amputation."

Huston "Soulful" Zadie (Look for)

Changing My Mind

"Absolute subjectivity of experience - something I can't let go of."

I write for black people

Toni Mary Wilmore

Bailarin - NYRB essay

She doesn't seem to feel responsible for other people's feelings.

Paul UK re: July 26-

Starbucks

Choc Croissant/Coffee

Friday, May 6

DVR League Today

Bowie! Kipnap! Cathleen I!

Webb! Ayana! McLeod! Kinyard!

"The historical Zia was humorless and self-regarding, a violent autocrat who liked to be spoken to as a 'man of faith' and a 'man of truth' (little like Trump)"

"Soulfulness is a sorrowful feeling transformed into something beautiful, creative and self-renewing and - as it reaches its pitch - ecstatic. It is an alchemy of pain."

NS Dentist by Radaayn!

DRONE to/from work

Bertucci's Pizza / Mann scan 4

153 fantasies

Me B

4:45

153 fantasies

Me B

4:45

153 fantasies

Me B

4:45

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Me B

4:45

153 fantasies

Me B

4:45

153 fantasies

Me B

4:45

Stickman - Famous person who fucks tons of women: Matt Dillon Dr. J Prince (\$many more)

Saw Zadie Smith talk at Drexel w/ Nikki I'd later buy her hardcover 'The Fraud' for my 50th Bday in DC & then use it as one of my first "Bottom Line" projects and leave it in a Little Free Library near Haverford the day after the 2024 election.

'the alchemy of pain' (nice phrase)



May 9-12 (2016)

May is a glorious weather month in this area!

I was really, REALLY into the history of Women's Track headed into the 2016 Olympics in RIO! (esp. the 400m since Claire's doppelganger Courtney Okolo was vying for a spot on the team)

2021: Miller-Uibo 48.36  
2024 Paulino 48.17 (OR)

#Track Thursday

Researching Lilian Greene, Pat Daniels, Esther Shoy, etc. 400m W Pioneer.

400m W Olympic Winning Time

1996: Perce 49.25

2000: Freeman 49.11

2004: Williams-Darling 49.42

2008: Okunuga 49.62

2012: R-Ross 49.55

[2016] Skamner Miller 49.44

Sanya peaked time was at 21 (48.70) kept it through 27 (49.28) and Olympic Gold (49.55)

85 Felix first got 49.10W at age 30 / Peaked at 27 in 200 up 21.69

86 S. Miller looking like Ross. Hit (49.67) at 21. Six year peak thru 2021

94 C. Okolo hit (49.71) at 22, having hit (50.03) at 20 and then injured @ 21.

88 McCarry hit (49.48) at age 26 - this year will be 28.

84 Okunuga hit (49.61) at 23 then stayed until 29 & under (50)

94 S. Jackson (JAM) 86 C. Day (JAM)

60 Perce clocked (49.25) at age 28

- Freeman Dyson NYRB on Fang Lehi

"History in China has always been written and rewritten by the winners."

(Do we subconsciously do the same with our personal histories?)

\*Paradox of Order and Chaos

Heat Death contrasted by system where gravitational energy is primary. Hot objects become hotter / cold colder. I don't understand any of this.

Charlotte Fortner "The diary stops when she falls in

love with peasant river on horseback alongside a

married white doctor from Boston. When he dies

again, many years later, she is the great wife of a

black minister from a prominent family much like her own."

Dinner @ Bertucci's w/ woman from Raduyn and talk to her that they were still women."

Advertising woman next to me at bar. The walk after dinner

Thursday, May 12

[Ns] Handel's Ice Cream

→ GV HOR

→ WW via Ludington

BS+House, BS+Kilborn

[My] Memory: College Scenes at end of

the year around Haverford.

Catch in outfield @ basketball practice

1976 Sawinista 49.29

1980 Koch 48.88

1984 Bosco-Hicks 48.83

1988 Bryzgina 48.65

1992 Perce 48.83

[Fin] Is there a central concept of the intellectual life which I am so fond of? Is it that there are objective answers to questions of experience rather than only those based on mathematical or falsifiable data? Is the breaking up of a human relationship able to be said to be good, bad or indifferent? From who's viewpoint? To what end?

Margo Jefferson, Negrland,

Rosa Parks - Hamilton. The details do matter - difference btw confusing but real stories and clear narrative myth.

[Q] Do we reveal our grief too much?

Darryl Pinckney. The constant for black women has been the threat of violence; the constant for black women has

Advertising woman next to me at bar. The walk after dinner

[Sun] glorious sun.

[Sw] Dead female cardinal -

Radwood Rd.

JK + Felt great,

Playlist adrienne flowing

Veep, Silicon Valley, After the Thrones

Keepin' it 1000 After Dinner

Half Kissed Frog Pina Ted Cruz

→ GV The Watch / Dan Carlin

→ WW - Anderson Cooper

[Ns] Haircut + My Haircut (etc)

Early to bed - Early to Rise

→ Off-the-Grid - Day

Monday, May 9

- New Yorker Day (not so excited)

Ran Gopnik article / abandoned

More excited about track instead: Let's Run links

[Ns] Acme, Ardmore P.O., CVS

Keepin' it 1000 After Dinner

Half Kissed Frog Pina Ted Cruz

→ GV The Watch / Dan Carlin

→ WW - Anderson Cooper

[Ns] Haircut + My Haircut (etc)

Early to bed - Early to Rise

→ Off-the-Grid - Day

Angel from Mont. Christchurch Women

Justin Townes Earle.

Tuesday, May 10

- Co-living article, NYR

- Governor Island Park

(sold back to NY for \$1 in 2003)

Hills opens Late July 2016

→ Off-the-Grid - Day

"State of the Art stud @ rock

bottom prices."

Too Soon to End

Hopeless

5k Hual

[Ys] 5:00am - 6:00am - 9:00am

Wednesday, May 11

9:00 - 11:30

The world belongs to the squirrels

and the robins: and the world of the

meekingbirds. I saw three rabbits

before Ten, then none after. Why do

they seem to be extinct from the Haverford

campus? The flight of a hen overhead (?)

& blue and black (with white breast) bird

at a Haverford feeder that I couldn't

identify.

- Hav. College Nature Trail relay

24 hrs \$100 miles 11:04 best split

- Kindergarten (?) field trip, clad in

green construction paper, with stuffed

animals put along the plastic mulch path.

45 min walk / 15 min rest

"To the trees follows quimb!" (with pond)

a glance of the pond. I'd have been shocked.

Rob Denault! (woods); family

of goldfinches behind softball field.

[Ns] Wayne Farmers' Market

(Eggle Rd route)

Ardmore Ave → Viva Video

Suburban → Montgomery →

Bryn Mawr College: Canaday

5-7pm Canaday reading

Louise Mead toward History

of Women's Track

[S] Maria Syracusa

5-7pm Canaday reading

Louise Mead toward History

of Women's Track

[S] Maria Syracusa

5-7pm Canaday reading

Louise Mead toward History

of Women's Track

① Takes ~ 45 min to walk

I think I spent 6am - 11:30am just walking & observing @ Hav C.

No music. No pods. Just life.

\* I should take May 12th, 2025 off & do this again, 9 years on.

Something both sad but predictable. Heat always cools.



I ♥ this walk.  
I miss it.

May 13 - 15 (2016)

Tunot Diaz


A poem should  
happen to you like  
cold water  
or a kiss

My favorite bird:  
the male Baltimore  
Oriole

I'm nostalgic  
just reading about  
all the great walking  
this weekend.

Yw 7:30 - out the door 8:15 Sunday, May 15

A train to 147th  
Shange poem on subway  
"a poem shd happen  
to you like cold  
water or a kiss"

Memory  
Palace  
"Victory" 

Pod: RadioLab

Down Amsterdam to  
Morningside Drive.

"This Love" - TS  
"La Vida Loca" - CF  
"A Song for You"

then, that's enough...

First of 2 <sup>female</sup> Oriole sightings  
(just below lookout rock)

Normal route, around reservoir  
onto drive (AIDS Walk flowing  
by) into The Ramble. Second  
Oriole sighting (pair) - or was it  
two Amer Redstarts - by Boat  
Lake from Bramble Lookout.

@ Video of Odor decking Bantista  
10:30 & GOTep4

Zz 11:45pm

Back to Philly  
(well, Ardmore)

Meet Ray for lunch @ pizza place 68/Ca  
Rest 1:45-3pm <sup>Pods: Cooper, Anderson, Hersh, SY</sup>  
"Borrow" a fleece and head out on LONG  
4-hr walk. 9th/Broadway/Bowery  
through Chinatown/past City Hall/  
South Street SP / East River

[cold as hell - windy - Dimepod Brooklyn Bridge]

@ Hamilton: → Wall Street/Trinity  
(hot, HOT whik chick)  
over footbridge, along Hudson (gorgeous sun/  
clouds)  
up along West Side Hwy (feet/legs tired)  
Christopher St - Hudson - 8th Ave to PIZZA  
Suprema Pizza Dos Cheese.

AMTRAK 7:53 KEYSTONE  
(finish NYr Fiction "A Life of Adventure  
and Delight" started at Cafe 1.)

Live THIS day, no other

Creepin on Claire on Zillow  
\$592,923 est of 117 E. 102nd St, 3A

@ Okolo Flatrack 300m workout  
Central Park Loop  
in my mind. Only  
(0.2) off.  
6.4 mi MiB [Ns] 5 Guys

→ 76V  
Kopin it 1600

→ WW  
(cont) Chuck Todd

Laundry + @ + Ham Sand.

Zz 8:30 ✓

Yw 4:35am → NHSL

@ 30th by 6:00 flat ✓

Megabus → NYC @ 8:40am

1 Train to Columbus Circle to watch

the start of the UAE 10K.

Watched the finish w/ Aussie guy

Rafiah and Limu men (M) and (F) winners

Zare 4th / Lario 6th 28:29 31:39

29:02 31:39 2:53:20 (4:40) 4:35 5:06

2 was crazy man

Notables: Diane Nukun (Molokai/Fall)  
32:33

Alex Monroe top USA 29:54 (+1:25)

@ H there Central Park (three Bth)

Pod: Golden Hummelness

North woods → Fred Dugliss (Starbucks)

WHS Steps → across 120th to Riverside

Back to A Lasso Pavilion

Pod on Being w/ Frank Wilczek

Friday, May 13

"The human soul doesn't  
want to be advised, or fixed,  
or saved. It simply wants to  
be witnessed." - Parker Palmer

UnInvent This: Mirrors

NYr

Vivian Cunningham, NYr

"Americans - despite our fetish  
for the beauties of individuality and personal freedom - are  
always, however smilingly, trying to convince somebody,  
somewhere, of something..."

[Me] What if I tried to go a day, a week, a month, without  
trying to convince anyone of anything?

Friday, May 13

Yw 4:30ish Finished Chester's

Guide to Love in bed. Last  
few graphs - wow - the  
half life of love is forever

And, you did the right thing.

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few graphs - wow - the  
half life of love is forever

And, you did the right thing.

Yw 4:30ish Finished Chester's

That story so  
speaks to my  
conception of  
myself w/  
Claire.

I've been guilty  
of this.  
Whatever happened  
to live & let live?

Leave your  
didactic at the  
door.  
DIDACTIC

← To NYC!  
got there at  
8:40am  
Holy Early Hour  
(went to watch a  
10k among  
other things)  
& bird watch

Ray & Jeff  
& I had  
dinner in the  
Village/  
SoHo



(Swift)

Taylor on  
Plano

[Hm] Scientists can now detect gravitational waves  
from distant collapsing stars.



May 16 - 20 (2016)

8 years on, patient Liberalism is not being embraced by plurality of voters.

"Come with, this?"

Wednesday, May 18  
 Last Chana Theatre: Samsberg  
 "Wanna Come With?"  
 Last day @ Farmer's Market  
 4 a while, ~~the~~ Dove chicks  
 YouTube clips all evening  
 + 2 carrot cake cupcakes  
 2012 Olympic Clips  
 400s Relay; 200s, 10K  
 A thought: I would like to walk from West Hobson - Dartmouth

Thursday, May 19  
 7:15am → 8:30 AM  
 → GV → MiB → WW  
 → HOR  
 ATK then keep it 1600  
 Ziploc'd away June-Nov 1K deposits!!  
 ⑤ Renée 3hrs @  
 ③ Magic Number  
 then... write Julie's card  
 ③ Park Chops/Blackberry  
 Sauce/Asparagus/  
 ④ Couscous w/ Apricot  
 ③ Ardmore Farmers: Acme  
 Long zzzz for Neut  
 Ingleby Cross + 2nd Richmond  
 night  
 ③ Park Chops/Blackberry  
 Sauce/Asparagus/  
 ④ Couscous w/ Apricot

Friday, May 20  
 7:00am  
 2000:  
 - Aretha  
 - 3some  
 - Jazz Newport  
 - 1st full year UCLA  
 - Hoes sitting  
 - Aretha Scavenger  
 Hunt  
 - New Field Notes: Aote  
 Try to stay out beyond  
 8:00 night and worry  
 V8-a-vic other people  
 things not under your  
 control.  
 ① Sunny Delicacies  
 ① Finished  
 Beggars Maid  
 IN BED.  
 The look he gives her @  
 airport 9 yrs later. Would that  
 be the look  
 ① Oxy Hoka Hoka Meet USA (F. tv  
 Jager! Roster!  
 ① Alex Murno "Beggars' Maid"  
 my memory is that I hated this  
 or read this somewhere before.  
 ① reminded that Murno truly is  
 a master of observation.  
 "What made you wanted was nothing you did, it was  
 something you had, and how could you ever tell whether  
 you had it?" AND "She didn't like worship, really; it was  
 clear, gave me only the idea of if she liked."

Monday, May 16  
 Frayzen!  
 Schenck to  
 Linn  
 Gospel!  
 Trump Calling Elephant  
 in Half

Sw Life like doll in twarcan  
 (Richard)  
 Beautiful flowering white bush  
 2 Neets (Spencer) Marmay due  
 → WTF/Natalia Legers  
 "Aussie Can Man Story"

George Carlin 1982 Playboy  
 Interview (WOW!)  
 I relate to his anti-authoritarianism  
 It's one reason I don't think 12 Step w/work  
 for Aam. It's ungoing to be into the  
 higher power or all the rules.

Yw 7:45am  
 → GV  
 The Watch  
 → WW  
 Mana Barford/Bullseye

Ns Lee's Deli 47/Bottinow  
 70ers WIN cloth lottery  
 "Twist the Process"  
 ③ Silicon Valley ep 4  
 ③ 9:50pm

at least I had a sense  
 of humor abt  
 my often  
 doomed attempts  
 to go to sleep by  
 10pm.

Monday, May 16  
 Frayzen!  
 Schenck to  
 Linn  
 Gospel!  
 Trump Calling Elephant  
 in Half  
 Life like doll in twarcan  
 (Richard)  
 Beautiful flowering white bush  
 2 Neets (Spencer) Marmay due  
 → WTF/Natalia Legers  
 "Aussie Can Man Story"

Tuesday, May 17  
 Billy Eichner, NYr  
 - Diane Arbus photos, NYr  
 1950 NY Street Scenes  
 Katrice, Adam, Noah  
 paid CC bill  
 Ginn-sung of productivity  
 w/ Aft coffee  
 WOMEN  
 Ran past me on  
 Railroad (AM)  
 Angel in tightie!  
 (Whoops - Wednesday)

Grace Land  
 Thought of girl in NYC who calls herself  
 the human tripartite line while walking  
 by Museum of Natural History  
 Ghost and empties line used by Lauren  
 Groff as a shuttly title.  
 7-20-15 Married another night time  
 walk in No Florida.  
 ① What's the most melancholic song  
 about the emptiness lurking under  
 the illusion of romantic love?

at least I had a sense  
 of humor abt  
 my often  
 doomed attempts  
 to go to sleep by  
 10pm.

65

mauna.garthwaite,  
 @Dntend  
 .com

Fountain of  
 Sorrow by  
 Jackson Browne  
 is a candidate;  
 esp. the fourth  
 verse starting:  
 "When you see  
 through love's  
 illusions..."

→ 12-steps gave me some tools... or maybe 'perspective' is the  
 better word, but it was far from 'the key' to me.

\* In retrospect, the most exciting moment in Rights To Ricky Sanchez history.

I ended up doing this  
 in part (w/gaps) in  
 Autumn 2017

Nostalgia  
 engaged!

① That is all NC-17  
 story that starts w/  
 a drunk Paul  
 Slanika @ a strip  
 club in Vegas & ends  
 with me dropping off  
 sunny at a porn shoot  
 in the valley.



May 21-24 (2016)

Sun morning  
Haverford College  
walk - my worship

Every Day  
Dy morning coffee  
run (4/7)  
core (6/7)  
Walk (1.5km)  
Floss  
A song

Wk Every Week  
Eat out dinner  
Walk/Run mix + Outdoor Run  
Phone sex/Mast? ... if only lol  
Hang out w/ friend  
Fav TV show (GOT/de)

Mh Every Month  
Either NYC/DC  
Fancy restaurant  
\$1K deposit

2016: 20 yrs since move to LA (Oct); 30 yrs since returning from 2im (Oct);  
2017: 10 yrs since moved to NYC (Sept); 10 yrs from 1st class;  
2018: Mtd North (Sept) 20 yrs ago  
2019: 10 yrs walk to New Orleans

Yw 6:28am  
Remembers to Pack:  
Computer/Charger  
Cash  
Journal  
Dryer Sheets  
Pills!  
Toiletries  
Running Shirts (3)  
Pants (2)  
Casual Shirts (3)

on Cynthia Erivo Tuesday, May 24  
"I'm Here" ✓  
- Heller on Campus Progressivism  
- Heller on Campus Progressivism  
- Heller on Campus Progressivism

→ GV  
None  
→ WW  
The Watch  
EMS stores -  
- Back pack  
- Pants/Sweatshirt

Up All Night  
3am Walk/Run around  
a vacant Bryn Mawr

## TRADITIONS/RITUALS

Yr Every Year:

Phillies SK  
Penn Relays  
Easter Ham  
CA Trip (SD, SF, LA)  
West Hebron (Oct)  
Simsbury Thanksgiving  
LA: Smoothie on arrival/  
Kunsth Museum Walk  
Goffile Park / In/out  
Westwood Blvd / Whiskey  
May off grid day (spring)  
Hans/Gopnik (early Nov)  
Steak Dinner w/ Spencer  
Ramon pre-Thanksgiving  
(Nikki)

EoY Every Other Year:  
Vegas Drive  
Adams reunion

E4Y Olympics!  
World Cup  
Presidential Elections  
John F. Kennedy Day  
Alia Mann Day (July)

I had forgotten this

another tradition  
before a long flight

my silly attempt to deal with pre-flight  
jitters & make myself tired to possibly sleep  
on plane.

5.2mi Saturday, May 21  
NPRR 5th Ave Mile Sept 3?

✓ Robin Hood's Day  
Raven House - 2 nights  
(\$ then free was only 21ft)

Hm I never learned the benefits of respectful  
conflict - it was shouting or rapping or, what  
I grew into - just withdrawal (escape).  
Shakespeare: "My heart will tell the anger of my heart  
or else my heart, concealing it, will break."

Pm Road Park Potatoes, slaw @ 123 Osborn  
w/ the baking space committee. Plus Bourdain (Thailand)

Spencer exists in a (paradoxical) self-comparison  
with others - a must do - but it is not necessary,  
and in fact, harmful to original  
and authentic living.

Sunday, May 22  
★ Start of French Open  
Djoker - Nadal - Murray

"All is change, all is flux, all is metamorphosis"  
- Heraclitus

Read clips from "The Meadow"  
You can admin a coyote - he's an outlaw,  
but it's damned hard to admin a sheep.

→ GV  
Axel/Samantha Power  
Two dead baby  
raccoons. ☹️

Robat Diamond League

Ayana! Iguder! Thompson! Semanya!  
WALK/RUN (mini) Bryn Mawr

All the Way (LBJ) HBO then... GAME OF THRONES  
10:26pm

Yw 6:28am  
→ GV  
science  
→ WW  
Vietnam Novel

New Show (Asia)  
Half Price BMRC

Monday, May 23  
The Sporting Scene, Simone Bilu, NYR  
Last B&B reservation  
BOOKED! (UK)

Ross Tucker interview with Bracken Hill  
Johanna Harper: hypermodernism  
and women's spirit (w/ Caster Semanya)

NEW YORKER  
"Commencement"

It's garden-grade  
insecurity.

→ Octavia Butler

① Munro died in 2024. This remains a Mount Rushmore of short stories  
about long-lasting love for me.



OAKLAND!

May 25-28 (2016)

the f'in Rockies, man

Marcia, it turned out, was not in a good place emotionally during this visit — she was depressed & withdrawn.

I've taken so many walks, but this one stands fresh in my mind.

Ogechi now married & has at least 1 child.

Friday, May 27

Yw 7ish (Akwero out early)  
Walk around Lake Merritt - Clock, to Coffee w/ a Beat — although there was no beat, just a really nice man behind the counter. on a RizCast, Draft of things that used to be better.

Walk to Smart Donuts then back to Apt. (Marcia text - coming home)



TO ALAMEDA & BACK:

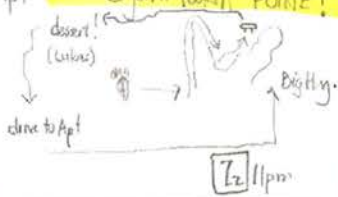
- Michael for Black Tippet / Saty Faves Houston
- Park Ave Bridge, Lillian's Restaurant, Jamba
- Beach (bay) walk - kids way out in the sand/water
- San Francisco in the distance
- mistaking my pee breaks - speed walk down Main to Ferry terminal [BS/House NBA Ad]
- \$1.50 Short Hop to Jack London
- Salad & Sando, then 30 min back to Apt.

Yoga - getting out of the mind and into the body (path to transcendence)  
BBC food & Programs  
G.O.T. Tiers

4:30 slow run plus 3 x 1/4 mile stairs

Shower, then stroll to Bissap Baobab (Senegalese) Avocado/Spicy Tuna Chicken Miso/Tilapia

Ogechi looks FINE!



Yw 6:00am

Peet's medium looking action Lakeshore

Man and his dog (hung in limbs) JOY

• Baby, Alon and Dad on Lakeshore Ave bench, Red dye hair, Scarabots hat, baby alive with curiosity and attachment. the will of life



Saturday, May 28

What is mysterious about the past is that we have succeeded - cool knowledge in making thousands of millions of individual fictions, fictions created by individual human beings, lock well enough into one another to give us what looked like a common past, a shared story.

"On the other hand, no longer believe very strongly in belief."

Barber & Beef (Duck Confit + Wolfies)  
convo: Marcia and men, two, will forever be on the same hamster wheel of frustration. clear to me that we have been in NYC only once sexual adventures - in almost every other way we are different.

PRE • Kenzie 12.24! Gatten destiny DeGroot/Kipperton with 1500 chosen + immune don w/ Marcia / Boudier to make it a fish

→ I wonder if Marcia read this journal entry. Harsh, but true.  
"same hamster wheel of frustration"

Wednesday, May 25

Leave for airport: 5:20 am

Seat 1F, in and out of sleep (2 Xanax, like a charm)

BBQ Basket on French Bread by Lake ✓

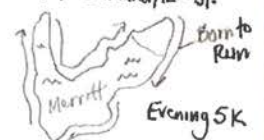
Thai Dinner by Grand Lake Theater (Yellow Curry Lembo) w/ study nice

Chick-fil-a biscuit sandwich | Gate B15 next to Jax gate (on Nov boys) [but Delusion/1st Joe's girl] BART to Oakland/12th St.

Bumpy Flight midway (always!)

Nap 1:30-5:30

Zz 10:30pm



Lake Merritt was very near Marcia's apt.

Thursday, May 26

Yw 5:30am

HOR w/ around LAKE then call w/ Nikki

GAME OF THRONES core workout repeats



Afternoon Run (Fast, to music)

Marcia croaked — shrimp, rice, yellow curry, potatoes.

MORE GOT (while I watched Warriors squeak past Thunder)

Read, then Zz 9:30pm

[woke up middle of night, finished the NYR Swiss Bank data theft article]

Jack London Square (Savage Fest) / Drive to Bayside market and thru Eastlake Festival or Beards and Beers back

Everyone Deserves Music (sweet music)

Mountain View Cemetery walk-lakeshore → Boulevard Way → (gorgeous flowers)

Grand Ave → cemetery. Dan Shopno / Debbie Millman the power of presence the tombstones (the children, like the pioneers, those just loved by their own small circle, now forever looking out on the bay)

Then down Piedmont (Rachel Ray) the Webster to Afru-Cambrian plaza. (plumtree on a skewer)

Buy Elizabeth Castello @ Booksstore / Walk back.

Warriors 4th Q Surf Iggly! seaps GAME 6 - clowns, w/ichina Monday! Hui Mui & Asinas

→ J.M Coetzee



May 29 — June 1 (2016)

deep truth.  
"something that encompasses both it and its opposite"

① Ah, Backpage.  
The successor to  
Craigslist as where my  
shadow side would  
dance ... or, in this  
case, find a FBSM  
bodyrub.

② Says: "always easiest  
for me to cum & run"  
③ We never saw each  
other again.

Tacos El Gordo in Chula  
Vista  
was our  
spot.

SAN DIEGO!

Carne Asada Fries!  
(a Chula Vista staple)

**Tuesday, May 31**  
5:15am  
To Peet's.  
Lakeview  
HTBA  
Back to L. Maria's. She  
is still sleeping -- clearly not  
going to work. I think she is  
deeply depressed.  
Arrive super early. NO delay  
SFO → SAN the On Air Time  
→ Beijing 12h 20m  
→ Sydney 12h 20m  
→ Chula Vista 8h 1m  
SFO Terminal 2 is white and spacious and  
Japanese is relatively quiet → not all the cluck of harnessed,  
lushing travelers. Maybe mid-afternoon is the  
time to travel.  
**Wednesday, June 1**  
6:00am Shower/pack  
get out of her hair  
by 8:45 To the top of  
the Cleveland State to  
read more. Upgrade.  
Backpage → Lily → (law appt. Bodywork) ①  
(1st time since Newtown appt. - maybe a year ago?)  
Always dim room, slightly tacky living situation, somewhat  
limited intellectual progression, but kind.  
texted her from Starbucks to say thanks. ③  
Bus 992 to Avenida Plaza in July \$2.25  
Blue Line San Ysidro \$2.50  
(about 30 min from H Street Chula Vista)  
SFO Terminal 2 is white and spacious and  
Japanese is relatively quiet → not all the cluck of harnessed,  
lushing travelers. Maybe mid-afternoon is the  
time to travel.  
#Global Running Day  
(and this is one of my favorite trail  
locations -- Otay Lake)  
Arc as all great self-devised  
to some extent? (Yes)  
5k HUAL  
Lake Otay Trail  
gorgeous!  
Dinner: Panda/Panera  
(Mom fail)  
② Keeping the Faith (2009)  
Z 9:00pm  
Mountain Hawk Field  
Ivan wins football 1st  
I win quick hands comp.  
Run into Rene -- walk back  
and go check in at A+B  
Lunch: Lolitas Carne Asada Fries  
Then Carne Asada Fries  
(1st year)  
I win 2016 race to 10.00

**Sunday, May 29**  
Will x1  
Teleguigh → UC  
Berkeley  
Lunch: Sushi Brasserie  
(Post belly Tacos, Spring Tuna  
Roll)  
Bought Disgrace  
Read 4 chapters on  
campus -- appropriate  
that the main  
character is a Cape Town  
MLK/Shadduck/  
MacArthur → Grand Lake  
Pod: GOT preview, Radiolab (Shrimp) professor.  
WTF (Right) & Humans playing it  
How to be Amazing Audin Mac Donald  
CHAO THAI x2 + GOT = LUNDAY EVERYTHING  
(Load Rice Knotty Trent usages)  
Dinner: just about missing  
of rice on V&S  
Monday, May 30 (Memorial Day)  
6-Tam Peet's  
12th St Hunt (1st run) → El Centro Norte  
HTBA. David Sedaris  
Dine To Inspiration Point w/ Ogechi  
Walk Seaview Trail.  
- Hilly, Snake on path (Niguan dreams),  
Thinking of late ideas, woman looking alone  
day named Sheldon, Indo-Nepalese Restaurant  
near Albany Hill, \$150 to walk + Lake Minnet  
beat Thunder, Game 7  
Texting Renee, Nikki re-dates  
Nadine n. Thorne  
Marcia back -- keeps to herself, maybe  
she is depressed -- I know. I keep  
my distance.

more Coetzee

David Sedaris  
is my  
JAMMM!  
A walker & a  
humorist.



June 2-5 (2016)

Yw 6am then

Renée in car

- No porn, Jiu (harder)
- exercise/body image
- Vapor's motel
- podcast rec's to send
- marriage (love/hate) her sister's as example.
- Portland/Protein



- The Boxer
- Desperado
- Irish
- Memory Palace
- "Artful in Residence" (Audobon)

- Slip Slidin Away
- Gone @ Last
- already gone

A Jnd to L.B. re: ALI  
"HUAL" w/ Robert Lipyte

Yw 6am + Joker Murray @ French

Renée

Goodbye endless vistas, infinite sun,  
Centennial Trail, slow moving cars,  
hummingbirds, brilliant purple flowers,  
wide 50mph side streets, chain stores,  
Cinnabites

What on the limits of the pleasures  
of reason? *Hm* and why do I value these  
over other animal attributes - joy, presence,  
abandon, love, enthusiasm, acceptance?

MAKING LAYER Burn-off ~ 11:30ish

"One name for the experience of full being is joy."

Saturday, June 4 PhraseTitle: The Human Comedy



(sole, inner thighs)  
from hill with

- Remnik Postscript on Ali:

"Ali was not to be mistaken for a political  
leader or thinker, but he had political  
importance as a symbol of refusal, of black  
pride." D.R. nailed it!

"All lies in jest  
Still, a man hears what he wants to hear  
and disregards the rest"

Yanique Hays-Smith

ATL-SRR pulls up in 100 w/  
hamstring N. Gaule < 2:00:00 good

Dark skin  
girl in 1-  
piece dress (right)  
at Plaza Bonita  
shoe store.

Tuna Ceviche on Toasters/Leo's bad Afrikaner accent /

Claudia's bad plans for Sun morning / Marco

didn't recognize Tom Cruise / Future of sports viewing

Goodbye hugs - told Marco to come to NYC! \*

(\* In June 2017, he, Ivan & Claudia did come east for 50th L!)

Sunday, June 5

Now the defending champion

Djoker of all 4 Grand Slam Tournaments

10:42 Coastliner SAN -> LOS

(Marathoners abound)

Hummingbird  
inside Union  
Station-San Diego

- Elizabeth Costello

"...reason may not be the being of the  
universe but on the contrary merely the  
being of the human brain."

Anisha Desai Reson: mutations via  
2012 -> Unnamed by Joshua Ferris

Noon: Allowing the HUNGER to grow,  
just existing in it, realizing that it is  
a biological involuntary action that  
doesn't NEED a response right now.

Yw 5:30 @ AirBnB

- Diane Arbus, A Lover

quote emailed to Nikki about

DA - "Involuntary habits."

"All creatures great and small: nothing  
was foreign to Arbus, as she roamed the  
human zoo." - Lane

To Laurel Grove

"HOR" emails

2 hrs on cement seat arch!

cheer for Marco

Dud / Mum / Mel / Ivan / Rene / Ivan / Junior / Claudia / Matt

Pizza Party (ugh - Little Caesar's) but Cinnabites!

Collapse in bed around 10-30 or 11-00.

Thursday, June 2

A photograph is a

secret about a secret

HOR SK

Mountain Trails

"All creatures great and small: nothing  
was foreign to Arbus, as she roamed the  
human zoo." - Lane

Lunch @

Joey Mike's

Changed for

4:40-6:00

6:00pm

Text Ray about 18yo

guts - flavor of their

youth - so true.

Texting w/ Olga's ex

(US Volleyball player)

watched Rome DL at M&Z's

Ilare PDT (Carter)

view - took her own life

of bookstores and a

bookstore in the (M&Z's)

bookstore don't have any through the

what might happen, it's already happened.

They've passed their test. They're emboldened.

beating down

price: \$100

Text Ray about 18yo

guts - flavor of their

youth - so true.

Texting w/ Olga's ex

(US Volleyball player)

Yw 6am + Greenwald

Grab Street

Laurel Grove

MiB -> drop off

on Centennial Path

- HOT -

5 GUYS Burgers w/ Brave Pigeons

(Not 2, Not 4)

dodging M&I peanut

bambers

Juan Ramon

- when I met Lucy (1997)

Lucy's - M&I March building a comp.

- Lucy jokes

- Half-murderer: Me, then Dud

- Uber (Red) jokes

where's Claudia?

I don't have to always share

my opinion - esp when it's negative

Friday, June 3

Hill Sprints x 10

+ warm up and cool-down

(Weekend + M&B)

Alice in Wonderland

Land

SD FAIR

- Food smells. Fined!

- Giant Snakes

- Turkey scramble

- Horse Wood (power)

- Hypnotist

"Donkey!"

RIP Muhammad ALI

Float like a butterfly,

sting like a bee.

Human evolution: I'd like

warmos, then athletes,

then... what?

He was truly a larger-than-life

character, all charisma & bravado

on the outside.

San Diego City Fair

(or was it the California State Fair?)

still in the lexicon - I said

this to Taylor

on Sunday while

playing around.

about her penchant  
for taboo expressions  
of sexuality.  
(@ someone  
responded!)

great quote!

Marco's HS  
graduation day!

Mom, Dad & I  
were @ an AirBnB  
near Claudia's  
place.

San Diego City  
Fair  
(or was it the  
California State  
Fair?)

still in the  
lexicon - I said  
this to Taylor  
on Sunday while  
playing around.

The views of  
Lake Olay & the  
mountains in that  
Eastern edge of  
Chula Vista are  
<much>

love it when  
a plan comes  
together just a  
year later.

Train to LA!  
(I avoided the  
cruise the others  
were going on...  
the open ocean?  
No thanks)



Day 1 of Full Day in LA

June 6, 2016

Yw 6am - A nice O number Monday, June 6

M → USC Coffee Bean Ferguson No Elizabeth Costello (cont) on human  
"Don't want to donate \$1.1b to our troops?" - Shave: we have it, we really don't

Tweet of the Day: "I am interested in meeting the 62 soldiers of Bear Island" hashtag Game of Thrones SEND  
Rose Great session. some LOL's  
I'm thinking Consciousness / Value / Babies and the  
Have very old / Reason

Re Beautiful Planet IMAX 11:30/1:30/3:30  
@ CA Science Center - activate awc.

Awe. Laughter. Presence. Physicality.

10am - 12pm Chorus like Villian  
- finish V.S. input Nobel Lecture  
- El Tango, Vibelina @

W Almost 6' on Brown Walk  
in grey frock that I let walk  
in front of me.

Back down Westwood → Landmark (Love & Friendship)  
Rest of Westwood w/ Whirney Just Tell me No & Just One of Those Days  
TJ's supply run

Dinner Convo:

Age + Reason & worth

A centered year (me)

#Black Lives, what's the blind  
spot in 30 yrs. / Tu-Nobles

His frustration in being Dipti  
& Rebecca as organizing partners

Janet Brown / Peter K

Parable of the Sower

Subjectivity / Uncertainty

Blicing & Incarnation

Zz 11pm

Versailles (was Sangre the best choice) Motor →  
last bite - phantoms - yum. Westwood (Whirney)  
→ UCLA  
Told you so

Pilgrimage to Blue Track  
UCLA Track - only pole waiters out  
Royce Hall Quad Pastore College ideologue funny, because Iing  
Wu 2003 (Whirney) Boy was one that I can claim.

THE ANNUAL MEAL

(wherein, Noah & I go someplace really  
nice & expensive, and he refuses to let  
me split the check)

Tonight: HATCHET HALL

Ky Country Ham / Bennie Yeast Rolls w/ honey butter /  
medjool dates A+

King Salmon w/ aioli / Game Hen w/ pan drippings  
& salsa verde A+

Warm Canele cake w/ raspberries  
Chocolate Buttermilk Tart

A tradition

like no other!

Talk about  
food porn!

Just reading these  
make me salivate.

still haven't finished it.

Coffee Bean USC

M L: Versailles

AF: Westwood / UCLA

Night: Dinner w/ Noah

T L: Simply Wholesome

A: Kenneth Hahn

1-5 w/ Pinak Souer

W

T

Night: Dinner Noah  
& Dipti

F

S

S

M

Night: Capuchin -  
Noel Brennan

T

N: To airport

Author's Note: Mornings reserved for coffee, walk & run  
Calendar notes: commence w/ lunch.

The Rituals:

Griffith Park / In n Out

Westwood Blvd.

Venice - Santa Monica walk

Noah Dinner / Jazz

Walk up Baldwin Overlook

Fountain / Sunset

Versailles Food.

New:

LACMA / other museums / The Getty  
check plays (downtown day) Library, etc.

Hancock Park morning.

Sunday, June 6 (cont.)

Sun (cont.)

Stranded at the

10/60 junction outside

LA due to Antioch

maintenance issues

Ukie going the wrong

way to

Hum A good exercise for

not being in a hurry. It's

drift - nothing is as urgent

as it seems.

@enTwitter: Expectations are ~~more~~ + ~~more~~ / disappointments  
waiting to happen.

Best Buy - Sepulveda

Metro TAP \$26/wk

Martian - Don Tamaso

Valley Ridge - Northridge

Overhill → SANTI WHOLE SOME

Mon Perfect (Doubt reality)

Blackened Fish / LARGE Trinidadian Peanut Anchi

Wt 2 in line at Simply W: young girl

in front but I get the woman on w/ baby

Bus (212) down Labra then

walk → Rachea Home @ 8pm

GOT (show interview) + S Maddie

@ NExchange

ch, a bit too big for my

lactose capacity

Trinidadian Peanut Anchi

① I was doing  
LA w/o a rental  
car. Love it!  
Forces me to be  
creative & to  
WALK

it's alright - nothing is as urgent  
as it seems.

love this order @ Simply Wholesome  
on Stauson / Overhill. Though @ 42 my  
capacity for huge doses of lactose  
was declining.

(3651 Wellington Rd) → I was staying w/ Noah & Dipti

\* didn't see the IMAX  
til Wed.  
I love whenever  
AWE  
is activated.

Versailles, on  
Venice Blvd had  
amazing chicken!

#Creepy Old Guy  
vibes

Noah is fascinated  
to this day, with  
identity politics on  
behalf of "marginalized  
communities".

The phrase Black /  
Muslim / Queer makes  
his ears leap



• All days in Los Angeles, CA

June 7-9 (2016)

LOL - so true

Hillary officially becomes the Dem nominee. I was sucked into the identity politics side of this - first female & all. But do we want the spouse of an ex-pres to run later? I say no. Plus, the Clintons are Trump level slimey.

I was everywhere this Wed.!

Yw 6am History  
Hillary Clinton  
w/ win CA, NY, etc.  
#ImAgainstHim

Sg Read Vashly-Layden  
Klosterman TV  
My Gary - The Maestro  
10-12 windows.

HERE  
Venice  
Washing hit

W+  
© Noah & Dipti's  
2014 Celebration videos  
- raw emotion of Maday, Dipti's mom & Brother  
- Sharonne Song

Yw 6:30 201 Bus → Larchmont  
Coffee @ Peet's in  
Simmons/Rappaport's HED

Szymborska Nobel Lecture

"All imperfection is easier to tolerate if served up in small doses."

They "know", and whatever they know is enough for them since and for all. They don't want to find out about anything else, since that might diminish their arguments force. And knowledge that doesn't lead to new questions quickly dies out.

Sunset/Labrun → Delivery down to SM, then San Vicente

Maron/US Doc, the Jackson Browne (Troubador)

Depardo/long December

Wednesday, June 8

M → Culver City  
pretty dead @ 7am

Coffee Conservatory

"Cal Mustard, in the Conservatory with the day old croissant"

ADAPTABILITY

Buddhist Principle rephrased by Butler:  
"All suffering results from our delusions of permanence."

ESM  
Danielle Moore

M → USC Gogi California Grill - inhaled a "One Day" "Stacked Bowl" solid A (pork esp)

More iTunes

OUR BEAUTIFUL PLANET IMAX 3D

Emotion:  
The motor mouth religious mystic/scatterbrain who wouldn't shut up in the EXPO line to Santa Monica.

I choked up a few times at the scope of our world, the beauty and complexity and expense

Simmons/Gladwell: Look for Renaissance History

Zz 10ish

DAY UNO: NCAA Champs

Parable of the Sower

"A few believe. God is another word for nature. And nature turns out to mean just about anything they happen to rest understand or feel control of."

"So what is God? Just another name for whatever makes you feel special and protected?"

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Simmons/Gladwell: Look for Renaissance History

Zz 10ish

L Barbara Williamson & the Sandstone Communion legacy.

Food: Renee, Oguchi?

1-2 M to Sunset/Labrun

2-3 Walk W on Sunset

3:00-3:30 Chill

3:30-4:30 Walk East then South (Pier 10)

4:30-5:00 Chill

5:00-5:30 → Highland & Melrose

5:30-6:30 Wifi Watch ESPN

Eat: Smoothie or Salad

Write Card?

MUD MEN - okolo 58.48

Contradictions between personal life and art & advocacy. Why is that so hard for people to accept about others - but not ourselves.

Yw 6:30am Starbucks (curriculum)

Always some, stay stay chaos in up this L

Hm A testing, like Mr Toos (Voyeur Model) of a super short story, presentational, to see how it connects across the country.

Sg 10-12: Email Renee pod recs.

Buy CW card to write Julie in KTH.

Carpool Karaoke TONY'S this week

Hamilton Audra LMM

One Day More!

KENNETH HAHN STATE PARK AFTERNOON (a sacred space)

Hooded Oriole @ Dry Juniper Green Valley

Feeder Always at peace here

on the way back

3 females (2 adult 1 younger?) at fruit feeder

2 brilliant yellow/orange of liquid nectar feeder one chase the other away

Yorktown

Remember the time

on KTH back trail

Discovered 15yr sophomore

more than one seen, watched when feeding, also spent time to be early 2nd time, better was gone

?

The Serendipity of waiting post Mid Hen

and seeing NCAA

Frank Ruff before

Carney's treat.

Tuesday, June 7

E.C. "That war (of animals) went on for hundreds of thousands of years. We won it definitively only a few hundred years ago, when we invented guns."

H is only since victory became absolute that we have been able to cultivate compassion.

"The rats haven't surrendered - they fight back" (to a drum)

etw

Simply Wholesome

Woman who took my order

Jamaican Patties & "Barry Surprise"

MB+Lin Manual - Persistence 16 years to develop HAHN!

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and seeing NCAA

Frank Ruff before

Carney's treat.

6 years it took Lin to create Hamilton

A little bit, consistently, over a long time.

Process. Process. Process.

Szymborska for the W... as in - wisdom.

another # Noah Dinner where he pays.



• All days in LA

June 10 - 12 (2016)

Yw 6:30 Early Shower, Sunday, June 12

M → Culver City.

Noah's Bagel CRAP (6)

Read about Mass Shooting in Pulse Nightclub in Orlando

~50 dead. I am affected emotionally more than usual w/ mass shootings.

June Card

Handwritten note

Handwritten note

Handwritten note

Handwritten note

Handwritten note

Handwritten note

Handwritten note

Handwritten note

Handwritten note

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Handwritten note

Handwritten note

CERTAINTY is the enemy

Heather Headley: It's tough to be excited as this awfulness swirls about us but we'll sing and sing out for all who can't today. We cried... now we sing!

More like this Concert to

Softball field (behind the gym)

to Annenberg Photo Space

Guy @ Coffee Bean & Tea Leaf  
"Every religion is fine. Believe what you believe. Just don't hurt anyone."

Bought Soybean this saturday  
Conversation went quickly to what is did for a long time in a field, 5 important things, luck, luck & luck

Using Olanipe told the story of his mother's death, line about jerking off day: "because he liked it"

Walking BH HM Why so much hunking??

- after mm stretch it is a ghost town of a few car dealerships and buildings for lease.

- In search of a memory: when did I eat that Tuna Fish Sandwich in 2000

on Robertson? I think so. At this restaurant Al Gelato? Probably not - but it has the same spirit

PE I saw an older guy, no shirt, joins on a bike with sunglasses and bright yellow bike helmet.

Al Gelato: "Beach Tuna Salad & punage Pumpkin pie slice"

"see you in 2032" Remember!

Walk Robertson - Pico-La Cienega

M → Crenshaw

TONYS not live West Coast

2<sup>nd</sup> 4:30-6:30

Late night creepin' Quest/Lava/NEExchange

Yw 7am Crenshaw Starbucks

READ: LIGHT of Freedom (Mississippi Organizing)

SAPIENS

542 Men's Final 1500

7:25 5000 Final

Stocker section of Park to Playa

to Simply Wholesome

Favs/Puffs/Pluffe

THEN down Stauson, up Overland

CHAVA Thai Massage ... promise, excitement, then...no. Total w/ tip 60

Walked past Apple Pan and didn't feel like waiting. Salad at WestSidePav

instead while watching ESPN app of 5K final. Tiernan 3<sup>rd</sup> ✓

got back ~ 8:30pm, watch NBA Finals Gm 4

"File it - GS is gonna win"

HM LA brings out all sorts of latent sexual energy in me. Just history? Or something else.

Yw 5am Playing around on Saturday, June 11

phone lines.

© then off to

Post Exhibition/Rodeo

Frankfurter/Douglas/Whitaker?

Noah/Rubo/Kitchen Table

4pm Crenshaw Starbucks

with 5Mbps to watch the 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

the Only, the Nigerian Shockwave

Courtney Ogechi Okolu win 400m Title

(jeff the face she made right after the finish line was so Courtney)

Other Standouts: R. Rogers, Amree TJ, Kentucky thriller from PK

Friday, June 10

Elon Musk "Simulation Argument"

people much smarter than I subscribe to it's basic concept, yet it doesn't ring true to me on an intuitive level. But what if I went to get "as if" for a while - like I acted "as if" Joshua was the distinct son of God from 1995-1997?

Lunch with Adam → Haven't seen Adam since, but he & Noah still very close. He is a partner in a very successful firm.

- LIVES being Dad. Due again (another boy) in Oct.

- SSRIs, look into it.

still haven't pulled the trigger

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Wt Hands down the 2 women sitting behind Adam @ SW. Loose fitting shirt, robe, tall slender, natural hair.

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Courtney Ogechi Okolu win 400m Title

(jeff the face she made right after the finish line was so Courtney)

Other Standouts: R. Rogers, Amree TJ, Kentucky thriller from PK

Height of her 400m solo running career. I later wrote her a letter in 2019. A month after this she'd fail to get one of the top 3 slots in the US Olympic Trials.

→ this honesty. we aren't always "joyful", even when traveling.

Buckingham/West St. Elm/Kimpos

San Vazco/Copacabana

Fairfax (part LACMA)

to Farnes M.

CONT... too crowded

3rd St./Kosmore/Wichita the BUS

Renée 7-10pm

Threesome stories

Threesome stories

Threesome stories

Threesome stories

Threesome stories

Cheviot Hills park, near Motor & Pico, is where the Sexy People softball team dominated for a few years. I was CF & Aaron was SS.

Best tuna fish I ever had.

Cynthia Erivo's career has cont. to Now starring in Wicked (2024) movie.



June 13-17 (2016)

still in LA (w/no car) just walking & public transit.

Wheels Down: 6:07am Wednesday, June 15

Attempted "Nap" at 7:30ish, slept until 2:30pm. GULP  
 YouTube: Samantha Bee / Seth Myers  
 Walk to Starbucks (Dusk) for coffee beans  
 2 eps Veep ("Believe in yourself SO HARD") [Zz] 12am-1sh

Thursday, June 16

Yw 6:30 Rusty on my coffee routine  
 → GV (dying robin, check Leftover Hops + 15m MED on Railroad Ave)  
 → WWL Gladwell / Rev History + Simmons Butler  
 1/2 Sandwich then wasted time on CB until 11:45pm  
 (S) Renée... then Dominique (S) SORE THROAT COMING ON  
 Ns Le Pain Quotidien The Daily Bread (Wayne) Ludington briefly than Home pass Dad on bridge  
 I'm back, baby! 3.2 miles - HOR  
 Bit of OJpt2 but RUSH to airport when Dad was alerted his flight to Wash was moved up.  
 Silicon Valley [Zz] cold, red

Friday, June 17

Yw 10:30am! Leave for DC Noon  
 Dads on Road: Phoebe 800-Flotrack Kaspri 1600-Goldberg  
 Arrive ~3pm  
 Parking: Musical Chairs  
 Chill-out w/ E & Columbia > Penn Chad-O (Penalties) John Oliver on Trump U and Debt Forgiveness  
 3 Moscow Mules (2pm-dinner, 1 post) like 3rd/J streets (Lamb Biyani)  
 [Zz] Midnight-ish (Big Gulp Nyquil)  
 [W+] Tall drink of water catty-corner to Indian place wearing black walking w/ boyfriend? Ya-va-va-VOOM

Monday, June 13 Tragedy + time = comedy  
 Crenshaw Starbucks and its endearingly annoying tendency to be loud, understaffed and chaotic. Embrace it!  
 July 10, 2013  
 (a week after Hebron 4th celebration)  
 House Republicans turn on comprehensive immigration reform.

Vermont Ave from Exposition all the way into Griffith Park and up to the Lookout. (Shirt detour thru depressing MacArthur Park for Langers)  
 Manny/Louise Anderson Simmons / House On 5 NEA Hamilton songs into Griffith  
 Tara Brach "I'm okay; I love you, thank you" passage from V.S. Naipaul  
 Our stories are so much more limiting than the larger truth. Nothing external will ever feel enough!  
 Not 1 book. Not 1 Tony. Not an Olympic gold.  
 ON TOP OF THE WORLD - I made it another year. I'm okay. I love you. Thank You.  
 So much SUN [Zz] 8:30pm

Tuesday, June 14  
 Yw 5:30am Flymax Day  
 Being naked in uncertainty doesn't mean not making what you believe to be the best choice in the moment, just the realization that your choice might not be the correct one and that you are never working from a complete knowledge of reality or ability to foresee consequences. And being okay if that:  
 NOW ON PLANE - SIGNING OFF (check flight - airport - 21min)  
 Lunch: Phillips (Steak beef on Baguette) / Fried Egg from St.  
 Woman in maroon scrubs, white Chuck Taylors and beautiful AfroPuff.  
 Elizabeth Costello (cont) "I am just pointing out that people cannot live without hope, or perhaps without illusions."  
 Everyone grapples with - consciously or not - the problem of human suffering, and comes to different answers that seem to them the most effective strategy to thrive and flourish.  
 Noah dropped @ LAX Long Wait - TIRED Medrock Pizza + Shock Top / 3 Musk.

I had just gotten back from LA & headed to DC for the weekend ... and had trips to Hebron & England within the month - I was a travelin' man.

Flew back from LA → PHL (red-eye)

exquisite self-talk

\* someone, someday, might try to figure out what I'm describing here - but I'm not gonna spell it out ☺

He must have been going to the reunion solo.

Always right after a plane trip.

Was down with Endel this past weekend - Ten 2025 - and we had Mules again! Actually got a little buzzed.



This reads different when I know  
he only got to 73.

June 18 — 23 (2016)

T = Tennis G = Golf

Yw 5am No Newt Today. Tuesday, June 21

Sg Walk @ 8am @ gym

Planks @ To Hay Library

→ Hilar Lib

→ CAC Logistics

→ Zobs for lunch

NAP 222222 til 4pm

Walk/run to Anne then across field

Pod: WTF/Kirkman and Chelsea Handler

The beautiful, chaotic brilliance of

Mania Bamford's manic comic mind

Yw 7am @ 5 min

→ GV

End of Marion/Handler

hating each other's balls

→ WW Schur/Podcast Taylor Swift Draft

Chill at home 2-5pm then Walk/Run looking to M.B

about USA loss to Argentina

@ Old Remembrances from 2015 x Country drive

Yw 6:53am

→ GV

HOR pt 2

→ WW

Esther Perel

"The difference btw joy and pleasure"

@ Six Feet Under SLEI

Onas' Gun Business

"More American civilians have died by gunfire in the past decade than all the Americans who were killed in combat in the Second World War."

Mass shootings only 2% of all gun deaths Most of the time when Americans shoot each other, it is impulsive, up close, and apolitical.

@ OJ: MIA pt 3 / US - Argentina

Pod: WTF/Kirkman and Chelsea Handler

Argentina 4

USA 0

Messi kicked THE PERFECT free kick

Looking back at June 2012

Ray Book of Mormon

188lbs

July 12-15 TN w/ Hilar Lib

I was thinking of going to Barbados?

Northside in Philly 16-20?

@ Hilar Lib

Meadowbrook Golf w/ Dad.

10ish (Fought off slight temptation to call line)

Thursday, June 23

Brexit Vote

! Leave Wins!

Digging for Glory

GA born, A Paleontologist with a penchant for grand narrative and public reclaim—shades of Simon and something that makes me cringe bc some repused part of me craves it. I think though, that I have mostly surrendered it.

@ NBA Draft Sixers Ben Simmons (20yr ann of Iveson/Kab Draft)

Up late watching Brexit Results

Christy

possibly as catastrophic for the Sixers as Brexit was for England. He. Could. Not. Shoot.

Dad's 71st Birthday

Yw 7am

is hot

Played a little T and watched

a lot of G and then it

Louie's money same

cards.

I remain the Gin God

didn't lose a single 1.

Lost \$20 in big last hand.

Mexico 0 - Chile 7

(soccer)

both Endel and Tim had A/T nut

straight.

Tim & E playing

HEAD'S UP til 1am

Lost my voice. at restaurant on H St.

Sunday, June 19

&

Monday, June 20

Returned from DC (Sun @ 1pm)

Rest. More Rest

NBA Game 7: LeBlock; Cavs win 93-89 (DJ wins US Open

Game of Thrones - Battle of Bastards

Mon -

Cough, Cough, Cough. Rest.

Pick up Dad @ airport

Netflix Bo Dunham, Mania Bamford

@ in 3 minutes: Possible disruption of habits for the better.

Bo: If you can live your life w/o an audience, it is beneficial to do so.

Hm! Qtl

John Oliver, Brexit piece

died less than 2 yrs after this

I was really noticing a lot of beautiful women W+

Four Letters Say It All

→ I repeated this to Endel this week ... It's stuck w/ me almost 9 years.

I still think about this distinction a lot.

! seminal event in the history of Modern England. A surprise ... & 8 years later, the Tories were swept out of power.

! semina event in the history of Modern England. A surprise ... & 8 years later, the Tories were swept out of power.







Hardest thing to do sometimes...

like loving your enemies ...

because the brain prefers the future/past

those time constructions give it more to do.

June 28 - 30 (2016)

## ENJOY THE PRESENT

What keeps an Open Society from being overturned is only the balm of ever-increased prosperity; when prosperity ends or is endangered, all the bad demons come out of the forest. - Gopinik

© Amy Given Wed  
Gladwell/Cabaret/Hader

2:10:40

artistically

"I do everything, really, for myself."  
- Bill Cunningham

Yw 5:50am I @ 3 everywhere Thursday, June 30

"Let's have a day!" 5k

P  
R  
E  
S  
E  
N  
T

Leopore on nominating convention  
Trying to phonetically - 32 of just 36 yrs on US Constitution, number 1 - the presidency was held by a slave  
Kingsley Amis on his declining libido: For 50 years it was like being chained to an idiot. (5-60)

great metaphor

8/25/93  
Day of Amy Biehl's murder

Black voter registration in LA: 130,000 in 1978 to 5,300 in 1998 to 730 in 1910. Secured like the full power of Jim Crow was most potent 1903-1954

Woodrow Wilson, Virginian, was NOT a friend to Black civil rights!

© Comedian in  
Care getting (Judd Apatow)

"Another lesson of American Presidential History: Beware the candidate who flatters the people."

Read more about 1972 Nixon McGovern election (Dad was 27)

NY Next Year  
101 Coffee Shop  
© Franklin in 60m

Justice vander Luen: "We are not such things" my 2000ish v. Gove

As I dig deeper into the case, I saw how narratives solidify over time and retelling, and how even those involved tend to remember events differently than they may have occurred.

CV → Farragut Ter  
Gladwell Underhand FT (Willy Barry)

I found that people often become accustomed to telling the story they feel others want to hear or the story that they themselves have heard, and that story eventually becomes accepted as fact - then ever the teller starts to believe it.

Hilton Als on photography of Goldin

4th → Farragut / Chester  
Hm Would have been 30-34 min walk to school.

Farragut - Magpies (Blueberry Lattia) w/ no pod... just thoughts

Arbus: The more specific you are, the more general it will be.

Schutz Longform kid  
obsessed w/ scale, which is kind of synonymous with relativity. Must clarify the scale

Even after we leave [home], we keep replicating the hopes and disappointments and fraught or absent love we knew at home with those other beings sometimes known as parents.

Absolutely 100% agree

Kathryn

me 2!

▲ On a much less tragic scale, I see this with the Dazed & Confused movie Oral History I'm listening to. So many competing (& contradictory) descriptions of the same events.

Yw 6:53am

Sw Flock of goldfinches @ Radwyn wildflower meadow  
Rabbit munching near magical Hay Tree  
→ Scoby's  
Invisibility 4 min mile  
Watch: GOT

Ashraf Ghani profile, George Packer  
"In 60% of Afghanistan's 398 districts, state control doesn't exist beyond a lonely government building and a market. He 'incorruptible' but has few adminis in the state Dept and the Kabul elite don't hide their contempt."

Photos to Brichman's OTR  
4 min. To dig up and back start and end of earth.

So hard to read this straight through - too much pathos of the reality of a failed state constantly threatened by religious fanatics.

→ WW  
Longform. Frank Rich  
Simon's Dad - kuh!

Desti Memoir review, NYr  
"I am and always have been embarrassed by all social rituals that require me to participate in a predetermined script. We are used to stories in which heightened emotions lead to one catharsis or another. This story just ends."

5k  
Hard. Eating like a madman in the evening

Part V: OJ Made in America

Trials Research 400m  
50.5 is final is Magic#

The Vegas memorabilia characters & the Pelou Station clunkerfuck was 50 human in its complexity and failings and intersecting self interests.

Night Exchange  
Vibeline ↑

1995 not guilty reaction was so clearly historical catharsis and wasn't really about OJ - he merely the vessel - that there was an enduring loyalty to him, not interest on his part to embody the second chance. He wanted the admiration back of society and it was never going to happen. The evidence was too damning.

2:30am after Silicon Valley  
Finale.

Oh, almost forgot:  
- Channamanda's Trump fiction, NYr Mag

Yw 8am Easy a bit  
squirrely

Wednesday, June 29 Jason Mraz (Live)  
Trying to finish Ghani article but... so depressing about the realities of failed states... corruption... self interest... human frailty.

→ GV  
Azedine/Franklin  
→ WW (same)  
a little MiB

The Failure is both Bush's and Obama's and the Afghan people. Maybe then wasn't a "success" possible. (but does it creep forward...)

Walk/Run Bryn Mawr  
dinner @ Bertucci's wnt.

Dead Squirrel stalked imperceptibly? The Arc out perfectly near Railroad Ave.

W+ Dat ass though in the hottest in black pants.

Sw

Flash Forward to 2025 & Taliban is back in control.

Undoubtedly the best sports-adjacent Documentary I've ever seen.

Human Frailty - great phrase

"You exist. Then you don't."  
<Laughter>

- Mrs. Spencer

I remember this visit & comment vividly for some reason - it surprised me a bit she felt that way & it confirmed my priors.



July turned out to be an action-packed month.

SO many small delights on this page.

July 1-6 (2016)

Walk w/ legendary low Green Mtn foothill views on a nice day. part of training w/ Dad for England walk

Love any event in the WHUD basement - once & former Sunday School location

good advice that I rarely 'take'

the white prius - he'd get to enjoy it only two years.

Yw 6am Training Walk Monday July 4  
Patterson Hill Rd - Bunker Hill Rd.  
ORIOLES!  
Joe Boone Hill - Salem Rd  
CEDAR WAXWING!  
(about 2:45 @ slow pace)  
Amber's Party / 4th  
- Church basement  
- Emmett's son wanting to be held by me  
- Shouting hoops - still feeling good  
- Nana wordsearch / Facts no one knows  
- 3 layer rice krispy  
Relax @ Margaritas / Goodbye to Rick / Read NYT Mag article on Intense Athletes  
@ Capitol Fourth PBS (foggy! Pretty sure we saw clock footage for fireworks)

By the low Green Mountain foothills  
America's 240th birthday (Kipling)  
NY Times article - what part did wanting to hold onto slavery play in Dec. Indep.  
After 240 years any nuanced understanding is lost in clean narratives and self-serving legends in the pop consciousness.  
right field  
- did walking off 210 ft. Fire field (just up incline)  
- UHhmm Fister (exhausting!)  
- knocking TD out of America's hands last minute  
- Clothespin drop  
- Running out of EXTROVET energy -> nap  
W800 Madness  
- Montana fall  
- Vorace  
- Wilson  
Zz 10ish

Yw 6:45am French Toast / Bacon Tuesday, July 5  
Wt - Greenwich - Bryn Mawr (7:45)  
Hamilton last 40min  
M Tina ✓ Pod: HOR recap  
C Wells Fargo ✓ Jox/Mike draft  
\$6000 inst "American Things"  
G CB Josh (nice & early)  
Hw Let people have their realities - don't try to get them to Q it, if they want Q it already.  
Zz 10pm  
W800 Final 20+ times  
still unsure - leaning towards Kenno theory of Martinez tripping head up on Wilson but only 56% sure. Could have been Rogers OR Montano.

Yw 6am ESPN Body Emma Cohen Wednesday, July 6  
BE PRESENT  
- Saunders on Trump Rallies  
"Meanwhile, these sad reality: huge, ambiguous, too complicated to be usefully assessed by our prevailing mutual ambition - to fight and win, via delivery of the partisan zinger."  
"American Presidential campaigns are not about ideas; they are about the selection of a hero to embody the prevailing national ethos."  
Sg AT&T; Bag Cover; Backup plan  
- Saunders on Trump Rallies  
"Meanwhile, these sad reality: huge, ambiguous, too complicated to be usefully assessed by our prevailing mutual ambition - to fight and win, via delivery of the partisan zinger."  
"American Presidential campaigns are not about ideas; they are about the selection of a hero to embody the prevailing national ethos."  
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"Meanwhile, these sad reality: huge, ambiguous, too complicated to be usefully assessed by our prevailing mutual ambition - to fight and win, via delivery of the partisan zinger."  
"American Presidential campaigns are not about ideas; they are about the selection of a hero to embody the prevailing national ethos."  
Sg AT&T; Bag Cover; Backup plan

Yw 7:10am ALL ABOUT DA TRACK  
400 Prelims 8:45pm  
Heat 1  
McLory/Hastings/Spencer  
50.94 51.21 51.28  
Heat 2  
Francis/Ellis-Watson  
50.81 51.54  
Heat 3  
Okolo/R-Ross/Trotter  
50.78 OUT 52.01  
Heat 4  
Felix/Hoyer/Wimbley  
51.96 51.79 52.04

Friday, JULY 1  
→ GV Inv (cont)  
→ WW Mann/Cale  
EMS - BAG  
- DAD JACKET  
- WATER BOTTLES  
FEVER  
Finals Edition  
Brazier, Solomon, Roesler, R-Ross out!  
Bolt hamstring injury  
Rupp dominant; Okolo smooth  
Ruesse a beast;

5K  
Invisibilia ✓  
Personality (Flexibility)  
Ns Farmer's Market  
(20 m drive door to door)  
back way  
S Renee  
bit distracted by Trials  
B eating grade  
Zz 10:45pm

Yw 6:26am  
Christy Q  
S work  
HOR  
S/6 week  
(Athens)  
booked London Hotel + Heathrow Exp. 8/11  
→ Whitty - King, Cross Train 8/10 (Virgin)  
DEL50 @ Sunnybrook  
45 min speech w/ dance interludes  
- the power of self narratives  
- the things he said about M & D  
- the pressure @ parties to dance  
(all was Demands on the Sides of their shoes)

Saturday, July 2  
In Focus Pic  
Further in China, kids in tub from school  
Mongolian herder  
Labi Isabella fin aftermath  
Wt Wife of Photographer  
in tangle gold dress  
Girl in black striped dress,  
hair in bun, with red trim  
around waist (exquisite)

Mid Aug - Mid Sept  
Health App's  
- Check up & MHT?  
Huddle Infield - Hall 10K  
Okolo 50.37 semi  
Martinez/Benson quart 800m semi  
Da Beast 7:31 WJ (last 12 yrs)

Yw 6:30 - early shower  
7:30 - 12pm Bryn Mawr to Greenwich  
(wrap and Raspberry Pie!)  
Iceland 2 FT  
France 5 FT  
(lead 4-0)  
Sg Stray France  
Dinner w/ Heidi & fam + Rick & Mary  
National Anthem  
in packed stadium → Tribalism lives on strong via Nationalism

Sunday, July 3  
MARCO'S 18yo (Text him)  
BIRTHDAY  
Arrive Hebron via Salem - pretty dancy  
Chat w/ Rick & crew  
Dad & my walk up Ferguson Lane  
(first since 1983!!)

DARKNESS DESCENDS  
Okolo 6th in 400 (50.37)  
Genuinely sad - walk in the cornfield.  
"Absolutely Gutted"

All Olympic Trials -  
Track & Field.  
Height of my obsession w/ Courtney Okolo  
Q: Would she be going to RIO?

Epic party out in Saratoga  
Del loves to talk... & I don't love dancing...  
even to Paul Simon songs.

she still went to Rio as part of 400m relay pool.

Re-reading my July 3-5 visit to West Hebron makes me so happy ... an absolutely delightful balance of friends, family, walking & a location near & dear to my heart.

I don't remember what I did on Sept 14, 1991 - I was a frosh at Lehigh.



"End of another moleskin"

July 7-8 (2016)

We were preparing to fly to England  
(Phila-Manchester) Monday night

Yw 6:30am Late start @ cv Thursday, June 7  
(take car) 2 straight outdoor  
1-3:30 Newt car plans re: Nneoma's visit 16min + 2 Jrides  
4-7 K.O.P. beyond holder settle on Best Western Independence Sq.  
8-11 US City Trials Fat Salmon? [Ns] City Line Target / Rockbacks  
McGill Library → confirm Old Mill B&B (Egton Bldg) write Ana (Fet) Rasp Smoothies  
Foot Dr - he was hemming and having up asthma  
[P] Nikki F - hangout Sun?  
King of Prussia Stroll: Walking Sticks, extra converter, Bag cover (Walmart) &  
new moleskin (Red) as I finish the last page of this one. [Stu] Stuehling:  
2nite! Rental Car ✓ [T&F] Trials Steeple Final (Colum W/Garcia Fall) Suzana from  
Hampshire Coll.

Yw 6:08am 20min outside Friday, July 8 Nneoma didn't happen  
Age @ death HOR- & the tale of 4 Squares ...  
Big Daddy 65 Layden ✓ Happiness is not a feeling, or a  
John P. 64 David Ketterhous 64 golden promise, but a practice -  
Dad 73 a way of living that fulfills our  
Nina Simone, Peter Dinklage purpose. [Ns] 5 GUYS  
Truquar 8/11/15 Curtis Truquar rejection  
Test wash (sink) Which begs the Q: if we take something as truth, even though the reality is different, does that necessarily have to be bad? In Nina's case it motivated her while at the same time psychologically tormenting her. \*

Drive to Philly backroads - short stroll - check in Best Western, napping & get text from Nneoma re: change of plans → call it off.  
T&F in room / casi dinner (spix) then [P] [C] Renée ✓

High Schooles on the prairi [Zz] 10pm  
Both Humans ass out 100H

Postscript: I kept this journal for 4 months and 2 weeks - just a little over 1/3 of a year, from the depths of winter (when M&D were in Zim) to the intense heat of summer (when M&D are about to go to UK). If I am fortunate enough to have another 4 months, here's to living intentionally, long walks, and experiencing the PRESENT

remember those walking sticks - we left them in Robin Hood's Bay

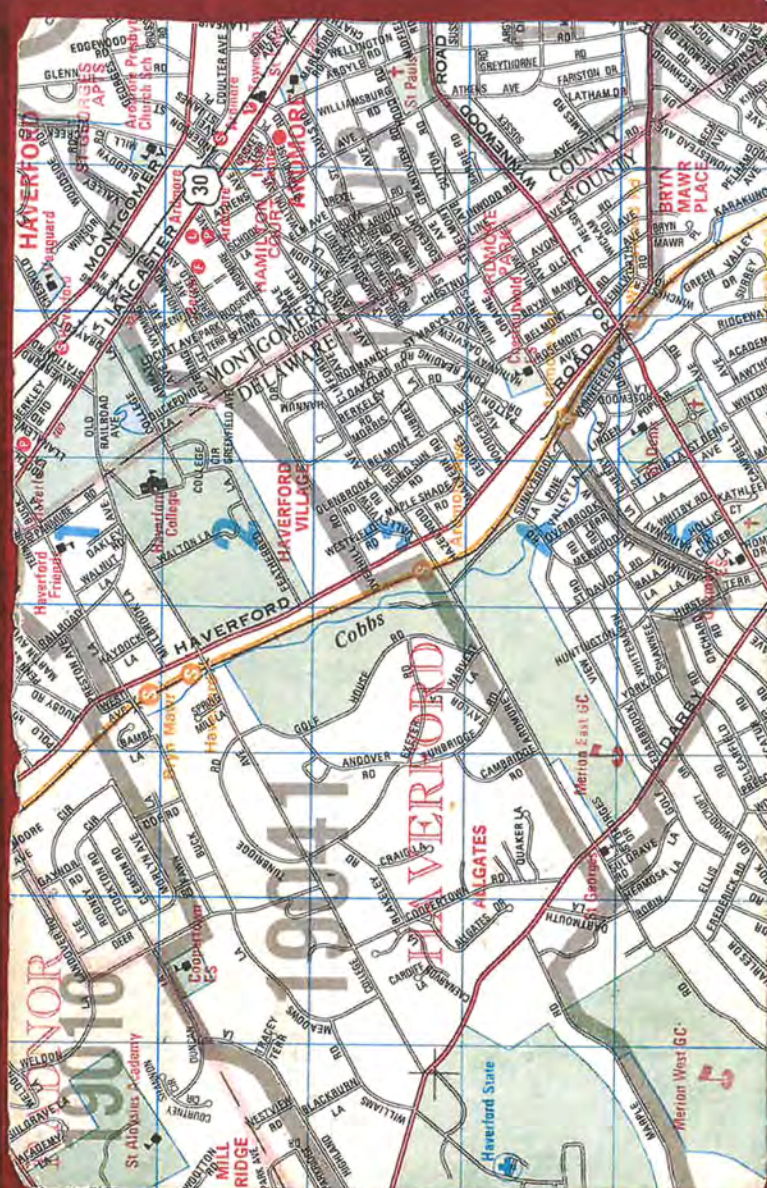
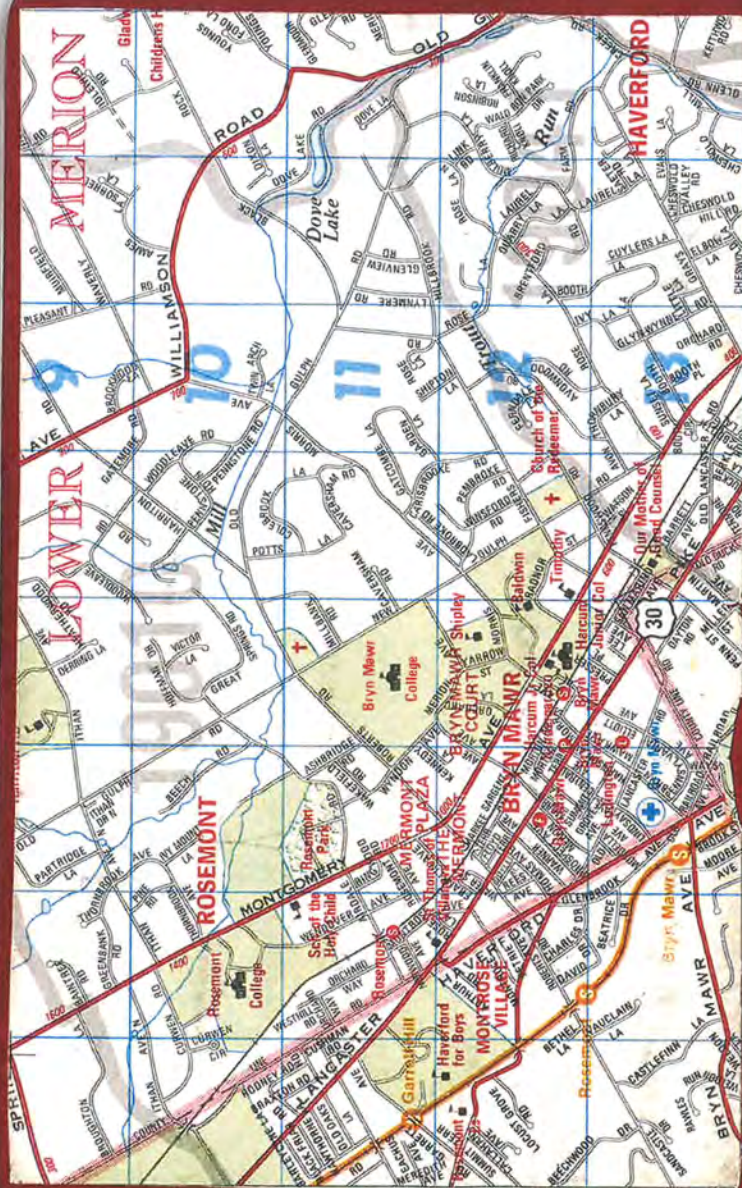
shows that one can't manufacture a repeat of the past. No Tulsa in Sept 2015 redux.

& for me that practice includes an early am sunrise walk.

young photos of her even look like Claire

\* Nina Simone - Claire loved her as a singer & pianist. She was also quite bipolar it seems - manic & depressive. Was racism in 1951 why she didn't get in Curtis? <shrug>





July 7 — November 14, 2016



# Start of a new moleskin

July 9 (2016)

Yw 6am - 7am

escape from Center City  
Fresh Air - Addiction Treatment

SERENA  
KERBER

7/16 #22  
5/3 65  
Title 20m  
HOR

Serving out the match she  
was a BEAST!

Sg Sink Wash #2

Hotel/Transport details in Drive  
Notebook

Cancel iMusic

print out P.S. put in box

I max long sleeved? (NOS)

try out African X

think about joint podcast  
for D & me

CVS small duodant, mntstn  
album

Walk/run? (Gladwell than Fresh Air)

Bobby Kennedy

Yw 5am

Sg put together what mom  
should bring,

Leave 4:45 AM - 5:05 AM

or 5:09 - Airport

M Graziano

Hysterical literature

Solo (and thoughts)

CVS

Philly brunch w/ Nikki

Mamas! Steak & Eggs

Finding Dory

S. McLaughlin 3rd 400mH

K. Williams 3rd Heptathlon

Martinez dive for 3rd 1500

Felix out of 200m! Some/evens/  
P. Nikki

Saturday, July 9 ✓ Christening of a new journal

A Tender Hand in the Presence of Death, L. MacFarquhar

Some hospice workers believe that working with the dying

is the closest you can get on earth to the presence of God.

Hospice origins: 1967, London, Cicely Saunders

Ammon, 1974 (concurrent w/ my lifetime)

Qualify only if doctor thinks you have < 6 mos to live.

Whenever it entered a patient's home for the first time she

know that she was walking into a long, long, complicated

story that she understood nothing about, a story that

was just then reaching its final crisis.

Track doesn't care about your feelings

B. Martinez

Trials: Gattin 200m/15000 finish LAGAT!

HIGHLIGHTS: Down Allen 13.03 PW (into stands)

Harvard girl into 200 final - Bowie FAST

C2C Guide reading and notetaking

saving the seeds somewhere out there.

song for you - I can't make you love me -

didn't we almost have it all. where do

broken hearts go - and so it goes

NO ONE SHOULD HAVE TO SURRENDER

THEIR IDENTITY FOR ANOTHER PERSON

1994 NYr article on Eliot, Middlemarch (Eliot, 6/18/19)

Her growing doubts about Christianity and rejection

of organized worship would eventually lead her to a tolerant

agnosticism, meanwhile, her new views provoked an angry rift

with her father, who refused to continue living with her.

rapid ascent in literary circles after father's death 1849 (she was 30)

both Bronte & Eliot found it difficult to disentangle physical and

emotional desire from a desire for tuition ... "having been

dutiful daughters, they adapted to well to being dutiful pupils"

interesting that Eliot bestows the gift of beauty on all her heroines,

yet she was described as "ugly", not even "plain" like e Bronte.

Henry James described me as "honest"

The fight between the individual and a system that wants to assimilate

In her writing she had difficulty permitting sexuality to her "good"

I don't doubt  
it - Dad had a  
lot of experience  
w/ this as a  
pastor.

This might have  
been one of my last  
true Claire  
emotional nostalgia  
sessions, because I  
met Tiff when I  
came back from  
England and that  
was that - I'd  
found my 'One' to  
replace the  
memory of Claire.

8 yrs on she is the most  
dominant track star in her  
event in all of Track.

I relate to that phrase:  
I am a Tolerant Agnostic



July 10

2016

2024

This was "the day before the day" we flew to the UK, and my planning was pretty much over.

W/R was a short phase where I would do combination walks/runs. Nowadays, I just walk, roughly ~3hrs a day. (plus weight training)

Still, to this day, I have not read Middlemarch. As UK authors go, Julian Barnes & Zadie Smith are top of my charts. The 19th C one, now that I've outgrown Dickens, meh - not so much.

NO ONE SHOULD HAVE TO SURRENDER THEIR IDENTITY FOR ANOTHER PERSON

Sunday, July 10

[Yw] Sam

[Sg] put together what mom should bring.

Leave 4:48 AM - 5:05, HOP as SQ - Airport

[M] Graziana

[H] Hysterical Literature

[S] Solo (and thoughts)

[N] CVS

→ Philly Brunch w/ Nikki Mamas! Steak & Eggs

[F] Finding Dory

[S] S. McLaughlin 3rd 400mH

[K] Williams 3rd Heptathlon

Martinez dive for 3rd 1500

Felix OUT of 200m! Bowe/Stevens/Prandini women.

[P] Nikki

-1994 NYr article on Eliot, Middlemarch (Eliot, b.1819)

(mid 20s) "Her growing doubts about Christianity and rejection of organized worship would eventually lead her to a tolerant

agnosticism; meanwhile, her new views provoked an angry rift with her father, who refused to continue living with her."

W/R "rapid ascent in literary circles after father's death, 1849 (she was 30)

HavC "both Bronte & Eliot found it difficult to disentangle physical and

53min emotional desire from a desire for tuition ... "having been

dutiful daughters, they adapted to well to being dutiful pupils"

- interesting that Eliot bestows the gift of beauty on all her heroines,

yet she was described as "ugly", not even "plain" like C. Bronte.

Henry James described her as honest-faced.

The fight b/w the individual and a system that wants to assimilate.

In her writing she had difficulty permitting sexuality to her: "good!"

ouch!

(never how one wants to be described)

glad my parents didn't react that way when I sent them my famous "I'm not a Christian" letter.

→ coincidence, or not? did it free her?

on the third day, he rose again.

& sitteth at the right hand of god the father

from whence he shall come to judge the quick

& the dead.

I wonder how many times we PB'd in the years of our friendship - 10 maybe %

she taught at a college in NW Mass.; we never met in person

Still one of the sexiest, most minimalistic clips I've ever seen on YouTube.

I'd see this again a year later, outdoors at Franklin Sq., with the 4 year old who'd become my step-daughter.

\* "Who the fuck gets adopted as an adult" is a sampling of his deep thoughts. (eye roll)

Sometimes, but not every day, I'll insert what I was up to that very same day 8 years on. This one was a Wednesday & it was a semi-typical workday with a couple of exceptions. To wit, on my walk to work (a muggy one at that) I found a 40 spot on the sidewalk. Also, we had an all-staff afternoon party to celebrate our dept reaching its fundraising goals for fiscal year 2024. The party was dubbed Pizza & Prosecco and, to be honest, wasn't much to write home about. The walk home was muggy as fuck and I uncharacteristically waved the white flag & jumped on a bus at 40th St. Watched the Phils for a bit then hit the hay. That's pretty much a common weekday. At 50, a renegade I am not. (Oh, and my bro vent me some of his patented inebriated late night texts that I never respond to.) \*

7/10/24



# JULY 11

2016

Why am I so fearful of flying? Why do I flood myself with stats of airline safety before I take flight? Why do I feel so much safer on the roads when it is categorically not the case? Questions without definitive answers. It probably has something to do with lack of CONTROL. Also with a distaste for extreme HEIGHTS. Either way, I realize it is irrational, but that doesn't change how flying makes me FEEL in the moment. Thus... meds to the rescue.

perfect time

1. Hm was a shorthand for random reflections, and this nods to a major theme of my 8-years of journaling: That life is complicated. The older I get, the more I see multiple sides of every issue.

I still have to psyche myself up for flight by researching how safe it is. If anything, this anxiety gets worse as I get older. Especially if the flight is over an ocean.

Yw 5:30am "The more tired Monday, July 11 the better..."

Ft The chance of dying every time you step onto a plane is one in 7 million - essentially the chance that you'd lose a Hunger Games lottery of ALL the residents of Manhattan, Brooklyn, Queens & Staten Island

↳ 19x less of a chance than in a car.  
C2C drive: 1 in 14,000 (3,111)  
(5,003,870) → 3,939  
4,117,163

Longest non-stop flights 16/17 hrs!  
Dallas-Sydney • Atlanta-Johannesburg.

At Departure  
5:38: H 78%  
T 22% chance  
PA Polls: H +2.3%

PHL Airport @ 6pm

Wine Tasting + Salmon @ Niteki's Bar

Not a busy flight - 4 seats to stretch out on. Only slept 2 hrs max.

Hm The story aspect of almost all my fav musicals are too clean and lacking contradiction & nuance, so it is the MUSIC that makes them so unforgettable. Music attached to emotion - appeals to human desire for clean, binary story lines and resolution.

Sw Half drunk, kicked coffee  
Firtus to by Polo Field.

• Michelle & Cheryl P.  
@ West Wing

Hm > 40m see you on the other side of UK on the summit  
Hm > Hav Trail Good job, Garth  
↳ slow

Hospice Article, NYR (cont)

"Heather believed that God did not create Hell for people, or people for Hell; she believed that Hell was always chosen."

Hm Life, man... life.

Heather would pray, silently "God, here is this person, have mercy on him."

↳ Reading June/July 1996 journal last night: I was deep into a Christian worldview - that was my reality.

• Okolo to THE OO on the 4x400 team  
S 8-9 Workout 12 And more stroll! (Septa ticket)  
9-10 Chill / Bag 2  
10 Shower 4:15 Leave House / 4:48 And train

Radwyn → Polo Fields -

Montgomery - And Train St -

Sweetgreen W+ And near

thru And more braids, blue jeans

Magill R Hanoverian

John McPee / Remnick

Jack Hitt / Longform

= Seen Walking

I "remember" this well. T was a very relaxing airport experience & an amazingly empty flight.

2024 - This is the 100th anniversary of the day 'a son of Scotland', Eric Liddell, won the 400m Gold in the Paris Olympics - mythologized in the movie Chariots of Fire. He went on to be a missionary in China & died in a Japanese prison camp. (and thank you!)

This is another trick of relativity... think of other flights people are about to take that are much longer than the one I'm about to get on & feel grateful that I'm not on those.

Ominous stat... this was Nate Silver's odds as of 7/11/16 that Hillary would win. A 22% chance for Trump that HIT four months later. (PA). Hillary's 2.3pt poll lead in July turned into a 0.72% pt loss. (3pt swing)

in early 1945

My girl never made another Olympic team sadly. I wrote to her in 2019 as part of my "104 letters" project.

↳ This must have been the occasional writings I did when I traveled to South Africa @ Zim in the summer of '96. Had just come off of 8 mos. living in Christian community in SW Philly. I was full of the certainties of "the cross" - in theory, if not in practice.

↳ This was a funny occasional code I'd use if I saw a particularly sexy woman on one of my walks. Didn't really serve a purpose though because even a few months later I could no longer "picture" these women in my mind's eye. They were lost to memory despite my attempts to hold on.

↳ so many of my life's markers are celebrated with PIE. still my favorite dessert. But in the past few years, two OGs of Garth pie-making kindness have died. RIP Mary Emma & Margaret

7/11/24



JULY 12 — AUGUST 10

search "Once Upon A Time in Northern England"  
on [Archive.org](https://archive.org)

(& God Save The Queen)



August 11-13 (2016)

Yw 7:15ish

Friday, August 12 "I'm back, baby!"

Ayanu WR (29:17) OK 11:30 to Spencer's (MA, P, L. Hm.)  
 "literally" unbelievable Farmer's market - deja vu all over again (in a good way)  
 ~20min gym OT "Fresh" ✓  
 HOK Oly preview Memory Palace @GSP  
 "Leo Mom Woin" 2pm to NYC HOK end / Birch County / arrive 4:20pm park on 147th  
 Olympics basketball at Ray's. (Wa) Graziani (Shai certainly talkative) LINCOLN Restaurant Week: Calamansi / Flank / Cream Ruff. The bet has been paid!

↓  
 Drove up for a weekend w/ college buddies

Yw 3:30 (Danna you, UK) Saturday, Aug 13 "Riding shotgun in a Maserati"  
 UNTIL STARBUCKS @ 6AM to Reservoir via Bridle Path. Music around the loop. Early Morning Bliss.  
 Most Blessed of Patriarchs Intro 801 Back to Ray/Dave ... then Marc/Seth

W+ Data as on the Starbucks Banister Natural haired runner @ Reservoir (pink/yellow) after the Promenade.  
 Carline Muir W400  
 Seat across from ABS site; building is GONE. [Impermanence] even those things that appear the most "solid"  
 (Text calvalcade) Added: Funny discussion on drive back w/ Ray re: "solid"

Mount up w/ Ray in Camry @ 11am, car pointed toward Westport, CT BUT... first, we get a ticket in the Bronx (lapsed inspection). Song structure breakdown in iPhone charger problems (aka First World, but Grrr!) car: Simon, Swift, Eagles

Welcome To Suburbs

Ketan's house has it all: large yard, big green egg, 2-car garage, 6 bathrooms, huge screens, fast wifi, wide selection of beers, the softest living room carpet ✓ unexpected M from Fet (Layman Band)

Ketan was so chuffed about taking us to the beach in the Maserati. Loved it! Rocky beach, HOT HUMID. Everyone waiting for the ALL CLEAR from life guards into water. Lunch: Turkey Burger. Snack: Fries Convo out wading in the water. Long drive back past Fairfield. In a word, what I saw, was WEALTH.

More Steaks! (yum) Waffle Bull! (6-1-1) More Safari pics! (cheetah in tree) So tired on drive back Zz 12:00am  
 More Beer! (Red Stripe) More Olympics! (Farah i Elaine T.; Thana i Henderson)

Met Heathrow to Philly (afternoon flight)

Yw 3:39am out of bed by 5:15ish

Thursday, August 11 "Get out of town day"

Across Hyde Park, into Kensington to Starbucks More centered whatever that means.  
 in Sloane Ave for Red Eye & croissant. Marion & James L. Brooks - SHAME Book of Life piece I read @ Starbucks  
 MTMoon, Taxi, Terms, BNews, etc. war about:

Deborah, Kyoko, Alyssa @ Hotel. Sexually - both physically & psychologically - we have all the same "parts", just organized in different ways.  
 Check-out 10:50am - Hyde Park Fountains Green finches by serpentine lake & Heron walking a yard away

AAAA BURGERS LUNCH 1:10 Heathrow Ex - Dad gets snagged for forgetting knife in his napsack!  
 Airport waiting, Bus to plane, 25K @ window seat w/ seat next to me vacated. 3 Xanax + 2 Hines...  
 No problem™ (Asha) arrive on time / Don pickup, back way (V) Renee (fell asleep)

I was already ramping up what would be an obsessive tear on the dating site AfroRomance.com, which is where I'd meet Tiff later this same month

Both ways I had an extra seat open next to me ... but I'd forgotten I took 3 (!) Xanax

The bet was that I had not thought Trump would win the 2016 Republican nomination & Ray had bet he would.  
 (This ended a long winning streak of bets I'd had w/ Ray)

Dad being 72 tamped down any further inquiry.



[Ns] = "Newt Skoot" aka what I did with Dr. H. Newton Spencer that day.  
 I was working for his daughter Patty, being a companion to him (he was 91 yo)  
 & taking him out for a drive most days.

AUG. 14-16 (2016)

e = erasures from my actual journal.  
 It's humbling, but not surprising, to see how shot-out-of-a-cannon I was with talking to women upon my return from a month in England. I was on an interracial dating site (AfroRomance), an adult meetup site (Fetlife) & still actively using phone lines  
 S = skype call  
 V = viber  
 P = phone call/phone sex  
 G = get off  
 This was right in the middle of the track portion of the Rio Olympics & I was in full bloom as an obsessive fan.

Morning Session 888  
 200M (W) Heats  
 Emma Coburn BRONZE (AR)  
 (3 sec PR)  
 Walk photos to Google Drive  
 R Jefferson: Home  
 Evening Session 888  
 Rudisha! Murphy?  
 Shaunae dive finish over Felix 49.44 (!)  
 Monday, August 15 [Yw] Bam  
 Ns: 5 Guys - Wayne Wells Fargo  
 out door 20 min run  
 HOR. + strides  
 Renee 8-12:30am  
 Think we set a length record.  
 + sandwich binge (gah!)  
 Tonight's roller was...  
 primed by Renee, then...  
 Shaunae's dive finish was watched ✓  
 Three Things:  
 1. Thumb drive ✓  
 2. deposit \$900 ✓  
 3. Finish MBP/Honors  
 "When you feel not enough... nothing external can give you that feeling any more (I'm temporarily... although the mind believes the mind that it/he/she will."  
 Being the line of some/least for a long time  
 Tuesday, August 16 SLOW  
 Morning Session 888  
 Kathryn Schultz on Underwood  
 Kaitland, NY: ✓  
 "That story, like so many that we tell about our nation's past, has a tricky relationship to the truth, not quite wrong, but simplified, not quite myth, but mythologized."  
 BLT's Com  
 Evening  
 Drive for the HJ win!  
 Simpson Bronze 1500! (Kipregeon win)  
 McLeod Jamaica (texting Sue)  
 Ns: Roabeck's  
 Abbey D fall & finish  
 (Clay Silver then proposed to Gwen H.)  
 Wt: Chisel Ann: TALL; THIN  
 Workout tights (what!!)  
 Smoothie (Smoothie?) No, Smoothie  
 Talking Alyssa ↔  
 (around 8pm @ on FaceTime)  
 20 min to 3pm  
 Strides ✓ Hot run  
 Ronell ... then Falisha  
 (both great calls)  
 Graziana Indecent Proposal → and my somewhat more decent reinder (Binghampton?)  
 Three Things:  
 1. Window down press to 3/4 per day  
 2. Write Julie email.  
 3. Choose primary care doctor.  
 Return of an Angel  
 What/Who I'm excited ABOUT:  
 Sue: White Plains  
 Kyoko: Seattle

THE WEEK AHEAD  
 Sq 646; work on scheduling primary care visit; organize photos for TV/Paul's family (Seattle LaToya & Nicole)  
 Take gift + Eagle Gags card; thumb drive  
 Sun: Record audios  
 Nights: Mon: Nothing Tues: ~~Conrad~~ Falisha Wed: Munch? Thurs: Nothing  
 Friday: Sat: Spencer & Dali  
 Sun-Friday: Nikki subplot?  
 Rhythm of the (non) Saints: 8-9 Workout 10-12 writing 12:30-2: Newt  
 2-3 edit 3-4 walk  
 Play on the Paul Simon album title.

Yw 6ish Wt Cafe 1 banana Sunday, Aug 14  
 These jeans! Caribbean? South America? Mann/Seth (cont)  
 75 & Broadway Starbucks  
 7:30 + 8:45 Jefferson / Journalism  
 "It's Quiet Upstairs" on street behind Convent  
 Marathon Live Stream  
 Starbucks 145th  
 Wt: Nice Dress  
 Tan with dots / Holes / Long Braids  
 D → Recovery Burlington  
 Lunch w/ Jackie  
 Tans of TVs  
 No one there  
 Surprises: Nathalie GT (she was) EDGED  
 R → Jefferson: Home Chapter 1  
 BINGE: Wayne Van Fucking Nickark !! 43.03 WR  
 Brinda out, Shannon/Jenny in  
 Catherine Ibargüen TJ (Damn, she fine)  
 M&D return to watch  
 BOLT 3rd straight 9.81 GOAT (Gatton/DeGosse)  
 To the Phone Lines! Quest → Lisa NE then Sandwich binge like the old days.  
 "Once in a while, from out of nowhere When you don't expect it, and you're unprepared Somebody will come and lift you higher And your burdens will be shared."  
 Zz 12am

NYC (AM)  
 ↓  
 Burlington, NJ (lunch)  
 ↓  
 Bryn Mawr (evening)

A truly smörgåsbord of women's names in these three days:  
 Ronell; Falisha; Nikki; LaToya; Nicole; Jackie; Nathalie; Lisa NE; Renee; GhiGhi; Alyssa; Graziana  
 Sue; Kyoko. That's 14!!







Erasures

AUG 21-24 (2016)

• All days in Bryn Mawr, PA

10 days on from being back in the States & my 'routine' was still heavily unbalanced toward sexual intrigue & excitement. Even though I lived it, it is still a bit humbling to "see the receipts" so to speak from the vantage point of eight years later.

Fr = Free Write?  
Honestly, I use a good bit of code/acronyms in these journals and only remember about half of it. I was trying to make time for more writing — of that kind that doesn't involve emails to ♀ I'm interested in, but was mostly failing.

oh, what life had/has in store for us ... one never knows in the churning PRESENT tense.

Yw 10am!  
Latest ever

M → Susan (re: Iris Dement)  
→ Kalaya  
→ Deborah

tX → Falisha

• Buck Lane Loop  
→ +3 strides  
no earbuds  
shirtless.

→ 5203 Chester  
but left when I stood  
outside for too long

Yw 10am

Ns → Wayne Farmer's  
1st sighting of

Women Xcounbyme  
team run.

Hav McGill  
- Hotel Room Top Story  
- Edit 'An Off Night'

• Buck Lane  
→ 3-4

⑤ Ronell: Fun cat, lots of 80s music talk  
Falisha ⑥ 3-for-3

Tiffany: Sleepy, but plans set for 6/7:30 date on Saturday

Tuesday, Aug 23

~ Black History Museum, NYr

Ns: Mom's O just drive

Fr

9am before & after Ns  
for writing, one info web  
one on letter writing.

9:30-11 & 1:30-3:00

✓ Julie's card & gift

eM → Kendal photos to da crew

⑤ Falisha, then Ronell,  
then Stacy ⑥

(taking up way too much of my time)

Wednesday, Aug 24

- Vinson Cunningham (ant)

"But by refusing to submit its waves  
to the refiners fire of exegesis, or to  
its walls some new idea, useful for the future,  
the museum reduces history to a scattering  
of bright but unconstellated stars."

"Of course, as a public institution, it belongs  
to a nation still nervous about its meaning, and  
it depends, financially, on a Congress hardly  
interested in original thought along racial lines."

Gladwell's "Benetton  
Orthodoxy" Good...  
but still polemical  
Lancaster Memmille  
98yo preacher &  
gay son.

tX: Hagius Iox Game 1

re: African American History Museum  
in DC

That Marvin Gaye Outro - killed me ✓

Have Loop (Gladwell)

Satire ep.: I didn't  
agree fully w/ his line  
of argument.

"Still a man hears what he  
wants to hear & discards  
the rest." - The Boxer

I'm not sure if SNL was  
trying to use satire to change  
minds — what if their only  
goal was LAUGHS.

② 2:45am

FOOD BINOE

Q for Sue: How much do you or  
don't you connect w/ black history  
in America? When are the parallels  
and when are the divergences?

Have Loop

Yw 8:30am

Final Event:  
Kipchoy V: Rupp?  
in Men's Marathon

Home: Unsuccessful nap  
then da-da-da NE, then  
Philly Raven → Carmella (North Philly)  
Spin: Youzers. Imprint onto memory.

- Started reading Iris Dement  
Fresh Air soundtrack

Gillian + Renee, still in friendship  
Z 6:00-8:30am  
Gulp!

Michelle invasion!

• Short 2m  
run ngym +  
5 strides  
(60 per stride)

Np 6:00-7:30

⑤ Renee 8-10, then Leslie, then Falisha ⑥ ✓

Sunday, Aug 21

Ns Slept and 12:45; Tammy there:  
Kept wondering about the size of her —  
Quick drive, then lunch in kitchen.  
Funny dog card for Danny.

TACOS then Z 6:30-10:30

Short talk w/ Gillian, then  
11:30pm to 6am (WR page?)  
w/ Stacy Lynette

• Code Purple (whole thing)  
• It's All About the C.H.T  
• I'm Living at 3  
• Marble Notebook  
• Double C: Central Conflict  
Ideas: Masked webcam / Rub & Tug &  
No profits (RTL)

Monday, Aug 22

3pm Ns (Stacy)  
- Starbucks 9-10:15  
- Shop @ AT & S store (still don't pull trigger)  
- McGill Library Journaling  
(emails from LaToya)



AUG 25-28 (2016)

The "Little Bit" philosophy. As philosophies go, not too shabby.

The scale of the known universe has always been thrilling for me to ponder - & we are always learning more & updating our best knowledge.

Damn, I was already in a deep Paul Simon phase. Understandable, I guess, seeing as though Dad & I had just drafted our 5 favs the previous month.

All days in Bryn Mawr, PA

Unbeknownst to me at the time, this was one of the most auspicious days of my life, for on this night I had my first date with the woman who, four years later, I'd ask to marry me. Spoiler alert: she said yes. We married two years after that, on Aug. 13, 2022, under a weeping willow tree on the Haverford College campus.

1/ Coincidental ~~trivia~~ that I quoted Rob Delaney sarcasm on the day of our first date - his TV show Catastrophe was one of Tiff & my favorites

2/ Mike Birbiglia joint starring Keegan Michael Key of Key & Peele.

3/ 2nd St & Sansom walk.

4/ Love a day with a little Gopnik wisdom. In 2019, T & I would see him @ the PHL Public Library during a book tour.

**Yw 8:30am**  
 "Tell your aunt to hit me up next time you are in Tempe & wants to get her ass eaten." - Rob Delaney  
 Ns → 5 Guys Lawrence Rd.  
 N 2:30 P  
**SPAGGOS** ITALIAN GRILL w/ Tiffany  
**DON'T THINK TWICE**  
 ...then sitting on a bench, with Win Penn  
 timeline behind us, as a perfect summer night talking, and making out  
**Yw 6:30am** Yeah, I did  
 8:00-9:00 Yen SIZE  
 9:30-10:30 Reward  
 11:00 - shower  
 11:30 - 1:00 Spence  
 1:00 - 2:00 Wally/Hav College  
 Ns I picked up coffee beans at La Colombe - and we just drive.  
 PL 9-10:30 ⑥  
 HAV CCL LOOP  
 8am 2:00-3:30 Nap/BoJack  
 6 1/2 week!  
 Omelette Night... then K&D's visit until 8:30  
 Didn't feel talkative so eschewed any phone stuff and was asleep by 9:30. Slept NINE hours on top of nap.  
 Kept thinking of 80k years  
 Goldilocks zone: What was happening on Earth in 78,000 BC. Historical Era is only roughly 5,500-6,000 years old.

**Saturday, August 27** One Trick Pony  
 - Gopnik on Altira Riots, NY  
 book demonstrates one thing for certain: no matter how badly you think of Richard Nixon, you have not thought badly enough.  
 "Many of the wisest things we do, in life and in politics, are the things we don't. Affairs not started, advice not given, distant lands left uninvaded - the null class of non-events is often more blessed than the enunciated class of actions, though less dramatic."  
 Steven Pinker: This may be the most peaceable time in our species existence.  
 Jod: Simmons/Kuppapart  
 Shikari HOF: Sinatra, Dinagallo, Dr. J., Dominique, Magic, I Lesser lights: J. Noah & Father V. Gauditis (Tennis), M. Dillon, B. Del Toro.

**Sunday, August 28**  
 - Baumgarten on exclusive one-man restaurant 30min S of Albany (Earlton)  
 "As numerous blind wine tastings over the years have demonstrated, you taste what you want to taste." (and disregard the rest?)  
 "The depth of your wrongness is so deep that it is unknowable"  
 Hm → I'm better at forcing myself to do things I'm reluctant to, than hating myself for doing things I'm overly enthusiastic about.

**Yw 8:00am** (better) Thursday, Aug. 25  
 Goals, "everyday" - Bryan Stevenson profile, Too Bin NYR  
 Little bit (LB) of reading - Exoplanet 4.3 light years (80,000 years to reach) in Goldilocks Zone  
 LB of walking  
 LB of writing  
 LB of running  
 LB to talking  
 LOT of sleep.  
 Ns He wasn't feeling great, but we drove to Lee's Deli on 41/Baltimore for Carnot Cake.  
 5pm run  
 3 20min + 3 strides  
 60/60/44  
 ⑤ Falisha afternoon + 9:30pm  
 ⑥ Renee (word ending) she has THIN SKIN.  
 Zoes dinner (salmon) for Dad & me.  
 "All lies in Jest  
 Still, a man hears what he wants to hear  
 And disregards the rest."  
 - Paul Simon "The Boxer"  
**Yw 6:30** (we're getting there) Friday, Aug 26  
 Love emerges and it disappears  
 I do for your love  
 - PS  
 @ Sabrina's  
 Eggs  
 Carolyn Penny  
 10am Saxby's → crazy Sholamar videos  
 HAV MCGILL 1-2pm "Customs" going on Wed-Sunday  
 Hm Weekend after Thanksgiving w/ Falisha.  
 - riden from car after a fortnight  
 ⑤ Renee (Ended abruptly on my part) cancelled Martha's  
 Falisha → much easier to talk to  
 or EXPERTISE  
 ⑥ Stayt  
 (We were going to meet in Virginia on Labor Day weekend - thankfully, we didn't) see 4/

This continues to be true, eight years later.







Peter Hessler

SEPT. 2 - 4 (2016)

Joan Acocella (she died Jan 2024)

Sunday, Sept 4

Yw 8:15am Giovanni's machine and which?

Ref: I couldn't be less interested in Remnick's thought. College.

7GV NYradio Hour

Remnick's completion

7WW A Short History of

Explored: Ovid's Path

When I was born no explorations were known of. Will, SD, and a

coming on this one - 4 light you away

Book Tix Bus -> NYC 9/16

Team (fraz) -> AKD 9/18

BoJack Season 3, ep 11

Office Donuts: Attention boys

telling boring stories about themselves? Are we at a 12-step meeting?

LOL

10-1am

Story

M Video of me

BINGE EAT (You know, the usage)

The coincidence of listening to Remnick's voice on NYR Pod the same moment an email "from" him pinged in my inbox.

Don't pick me up, dragging a bag broken with powder, 2 well as an, tomatoes & apples.

The sexual revolution was not feminism, though there was a blurry overlap, and both movements had their waters muddied then clarified then expanded by the gay rights movement and gender liberation.

Sunday, Sept 4

Hessler 2001 "Bornatown"

At

People on too being earning \$

to really live - Mali

Remnick's completion

April 1999: not a great month for me. with I met rivals from that

time. Living in Palms. Not working full time. Tutoring. Had

basically broken up with Este. "In the" one of Fable

"We went to the safari Park Shenzhen, where tourists paid 25

Yuan to throw live ducks to the crocodiles." (What?!) "

"She told me about one of her boss's colleagues, a Chinese-American,

who recently arrived from San Francisco on business, had found his

wife a love letter from Mali's office, and then had gone out and

lived a prostitute."

"She had a theory that handsome men weren't reliable."

"One of the bedrooms had a laminated poster of a topless foreign

couple making out. Such posters are popular in China; they're

considered romantic, and they're inoffensive because the couple

is not Chinese." (What?!) [The word techniques] 子

FAV SONGS "One Trick Pony": "God Bless the Absurde"

Nobody

Title Track

Sex - when introduced into any

relationship I have - somewhat sparks

it because it is a drug for me, it has

no equilibrium, no balance, no respect

to really live - Mali

Remnick's completion

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is not Chinese." (What?!) [The word techniques] 子

FAV SONGS "One Trick Pony": "God Bless the Absurde"

Nobody

Title Track

Yw 6:18

Hm Can we relieve our

suffering by challenging

the thoughts that create it?

As for God [in Job], he/she

makes the argument that, at

least as far as nature is

concerned, is true."

Is Hammer

9-11:4am Drive (back way)

to Ocean City - West not

doing well. Sleeps most of

afternoon. 2 short walks -

By Uncle Tony

Dinner w/ crew & Bondwalk

for ice cream. Patty takes over

at 8pm - AMAZING color

in sky at sunset!

Picture of Ocean City Bondwalk

in 1928 - with everyone in

suits and finery.

Friday, Sept 2.

Joan A, NYR, The Puzzle of Job

"the world makes no moral sense."

"Throughout the Old Testament, as Freud claimed, God takes the part

of angry father"

"The Book of Job seems to claim that all wrongs can be

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David Hume: "Is he willing to prevent evil, but not able? Then he

is Impotent. Is he able, but not willing? Then he is malevolent.

Is he both able and willing? Whence then is evil?"

Before the 18th century - & during most of it - atheism

was not an option, even for the strong minded.

1945 - Dad's birthday - when Nag Hammadi texts were discovered

a collection of gospels from other early Christian communities

deemed too esoteric (or too doctrinally dangerous) to be including

the CANON.

- Black Migration 1916 - and of WWII (Isabel Wilkerson)

Zora Neale Hurston on housing discrimination at Barnard.

1928 essay - "Sometimes I feel discriminated against, but it

does not make me angry. It merely astonishes me. How

can any deny themselves the pleasure of my company? It's

beyond me."

Looked at US Map above table and considering

Nebraska/Texas/Kansas/Missouri/Oklahoma/Arkansas

central chunk, like a jigsaw.

Maybe there are no answers in

life - only riddles.

"the world makes no moral sense."

"Throughout the Old Testament, as Freud claimed, God takes the part

of angry father"

"The Book of Job seems to claim that all wrongs can be

righted by property" (everything is "solved" by giving Job back

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(Fri) To Ocean City, NJ

From Ocean City back to Bryn Mawr

(Sat)

Trip cut short because of weather

This was a segment on WNYC's Radiolab podcast. I listened to it again a couple of weeks ago at Haverford.

& the fact that the voice actor for BoJack is Will Arnett - himself a caustic recovering alcoholic - is <chef's kiss>



SEPT. 5-8 (2016)

• all days in Bryn Mawr, PA

Yw 6:15am

Hor - 8-9  
Strike

Wednesday, Sept. 7

How the  $\heartsuit$  approaches what it yearns

Excitement  $\approx$  Discovery  
Discovery needs novelty,  
variety, surprise

How German cope w/ their war dead  
"She's a historian by training and a sober thinker by nature, but she has never quite shaken her belief in ghosts."  
... unquestioned to self-pity and allegory to national pride."  
Mathis: "Why can't you just be happy for once? Just be glad you are alive."

10pm @ Chanel Heart Ero

DeLillo on Tech: "Every touch of a button brings the neural rush of finding something I never knew and never needed to know until it appears at my anxious fingertips, when it vanishes for a shiny second before disappearing forever."

M Ray & Herson on Sept 16

Gopnik on Szymanska: "From the experience of aimless & dogmatic and death that shaped her early life, she found a new commitment to the belief that the poetic impulse, however small its objects, is always saner than the polemical imperative, however passionate its certitudes."

dogmas

Ns Farmers Market (Shrimp Quail)  
→ GV (Hor)  
→ WW (Sophie Cardboard)

2-4 @ Nishikori d. Murray in 5  
English Class in Langhorne (upstairs 2, 1st Area)

1pm Pizza w/ Paul S.  
Templation of Vinyas night

Yw 5:45am

Drive Camryn & Vicki to Gladwyn

Thursday, Sept. 8

"The unfathomable complexity of consciousness."

9-10:30 Phone Lines

NHSL → GV Ns Walmart KOP

Ariel Layon Ayohwasca

"Ayahuasca takes you to the swamp land of your soul."

Waiting @ Ardmore Jct. for train,

DRIPPING sweat. Almost cancelled

"If a plant really is talking to a person, many people hear the same thing: we are all one."

TRANQUILITY -

on Tiffany. Got CC early and she

was running late so late sushi

BOOK OF LIFE: "pleasantly disturbing thought - that we may already be richer than we think; that our dissatisfactions may be more the result of a failure to draw value from what we already have than from the absence of what we long for."

@ ZUMA on my own then met her

at Reading Terminal (pus of all int'l

markets). Walked to Rittenhouse, then

to Fed Depos, then to 30th Street.

2 year anniversary of 8-minute abs workout!

3 Falisha @ 2017

10m Endless drive from LV - Eastern NM

10m "Take it Easy" near Winslow, AZ

Hor She's a squinter, DP

Johnson "He managed to take every struggle in his life and turn it into a form of sense, a sense for the last one, which, being rooted in the senselessness of sexual desire, ended, for him, in shame."

Paul Simon #PSLyrics

Jim Deane of Sushi (start)

10m Driving thru High Desert, listening to Country Grows

10m Celebrate by listening to Pain King, in the dark, air drumming my ass off.

3 Kate @

Yw 8:45

9-10 45 read of

Monday, Sept 5

Dom @ Falisha



12-1:30 MEANT

"Because we don't have to devote much conscious effort to the act of walking, our attention is free to wander - to overlay the world before us with a parade of images from the mind's theater."

"At the Movies"

→ GV Mason/Godfrey

→ WW PosCast - Gary Sanchez/Rio

Finish BoJack - start up Lady Dynamite

What will I remember summer of 2016 for:

Marco's Grad; Coast to Coast & Kendal; Rio Shapiro

wanted to hit Ludington, but it was closed for Labor Day.

Zz 10pm (yay!)

END OF SUMMER (but still hot as fuck)  
MVP: Graham  
Song: Gone at Last

Yw 5:45am (yay!)

Tuesday, Sept. 6

Paul Simon - Motel, have sapphic love

Atlanta on FX (tape)

NY Times Restaurant Critic Pete Wells

Q How do I get into a day?

Profile by Ian Parker:

How do I spend the day?

"...the column becomes a self-portrait of someone glad to discover them - in this restaurant and, perhaps, in life -

How do I get out of a day?

things have turned out better than expected."

How do I get out of a day?

In 2012 review of Eleven Madison: "By the end of the 4 hours

How do I get out of a day?

I felt as if I'd gone to a Seder hosted by Presbytians"

How do I get out of a day?

without it taking over? What do I get

How do I get out of a day?

eruled about other than orgasms and, occasionally, truck.

How do I get out of a day?

How do I get out of a day?

How do I get out of a day?

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How do I get out of a day?

How do I get out of a day?

I worry about Taylor & technology & her young impressionable brain - but I'm just as hooked to the tether of the neural

my modus operandi!

replace with "great date" #3

remembering my cross country & back journey in my dad's blue Prius. Aug 13 - Sept 14, 2015

August & Everything After is 51 minutes of album bliss, best listened to driving between Barstow & Baker, CA.

I love this so much, & yet I still ignore it so often.

Note to Self: For the Love of All that is Alive-Inspiring, go to sleep at 10, wake up at 6 & listen with it!



SEPT 9-11 (2016)

• all days in Bryn Mawr, PA

♥ any kind of Paul Simon list...

These two sections of an essay Gopnik wrote about C.S. Lewis are prime examples of why I enjoy his writing so much. I've probably read more of Gopnik than any other essayist over the past 10 years (2014-2024).

# A Fort Night With Trick Bony  
Top Three:  
X Good Bless the Absence  
Y Nobody  
Z How the Heart Approaches...

Saturday (cont). Gopnik Killing it on CS Lewis  
"It is perfectly possible, after all, to have a rich romantic and imaginative view of existence — to believe that the world is not exhausted by our physical descriptions of it, that the stories we make up about the world are an important part of the life of that world — without becoming an Anglican. In fact, it seems much easier to believe in the power of the Romantic numinous if you do not take a controversial incident in Jewish religious history as the pivot point of all existence, and a still more controversial one in British royal history as the pivot point of your daily practice."

"We go to the writing of the marvellous, and to children's books, for stories, certainly, and for the epic possibilities of good and evil in confrontation, not yet so mixed as they are in life. But we go, above all, for imagery: it is the force of imagery that carries us forward... 'Atheists' need ghosts and kings and magical uncles and strange coincidences, living faeries and thriving Lilliputians, just as much as the believers do, to register their understanding that a narrow material world, unlit by imagination, is inadequate to our experience, much less to our hopes."

Sunday, Sept 11  
MORE GOPNIK (on Updike)  
Throughout all that varied work, one theme arose and was repeated over and over. Updike's great subject was the American attempt to fill the gap left by faith with materials produced by mass culture. He documented how the death of credible religious belief has been offset by sex and adultery and movies and sports and T-shirts and family love and family obligation. He didn't have the insight to see that one challenge for the cosmopolitan spirit would be how well it tolerated those who had no wish to be cosmopolitan."

↳ echoes today in how hard it is for many 'progressive' Cosmopolitans to understand the MAGA allure. Yet doubly complicated in that the MAGA leader — DJT — spent his whole lifestyle glorying in obsessive cosmopolitanism.

Yw 5:15am Nadia Jay  
LEAGUE BRUSSELS  
Okolo v Semanya (GULP)  
Yeaster 50.41 260000, 50.51  
Thompson v Schippers (#3)  
Thompson 10.72!  
N5 Farmhouse Market  
B4 Convo w/ women from VA about the social swingers club  
NHSL → Gaf View  
→ WW (Reply All, then M1B)  
Suzie Yankers

Zz 8pm - 1am  
Aw 1am - 4am  
Zz 4 - 7am  
1on This night w/ Norema in Tulsa.  
(Waking up w/ sore throat)

N5 Mom's Starbucks  
"Frappuccino"  
NHSL → GV  
→ WW  
BS/Rambert  
"Atlanta"  
Pizza + a staggering good Roast Beef Sandwich @ 9:15pm  
Yw Drive, Tulsa - Nashville  
Dinner Anita & Louise (feeling crappy)

Friday, Sept 9  
Appreciation, Book of Life (cont.)  
"Our disatisfactions are partly caused by a dramatic facility to get used to things, by our mastery of the art of habituation."  
- Child killers of the Zetas, NYr  
"Riches & Bitches," the instructors in Tamaulipas droned, explaining what recruits stood to gain if they killed for the Company. "When the company needs to dispose of bodies, it subcontracts to the police, who have a sideline burning corpses in oil drums."  
Gopnik, NYr 11/4/13 on JFK assassination.  
"The death of JFK marked the last time the highbrow reaches of the American imagination were implicated in the dignity of the Presidency." Good point!  
Is it definitively POST MODERN to believe that the more we see, the less we know?  
"All facts in all inquiries come at us with their own shakiness, their own shimmer of uncertainty."  
Of course, every American President is in some sense a conservative — there are no Leon Blums or Salvador Allendes in our record.  
"It's true that Kennedy was not inclined, as his two immediate successors were, to see foreign affairs as a series of challenges to his manhood: a true war hero, he truly hated war."  
Oh, Gopnik — you chisler of aphorisms!  
Oswald — a young man in search of certainties, just like us all.

Saturday, Sept 10 LETHARGY  
- Menard on George Kennan 2011 NYr  
"And that was, all his life, Kennan's great, overriding point. We need to be realistic because we cannot trust ourselves to be moralists." → on the grand scale of nations, I think this is more often true than not.  
"Power always thinks it has a great soul." — John Adams  
"Containment was intended as a continual reminder that we do not know what is best for others. It is a lesson to be ignored only with humility."

↳ This was what undergirded a belief that containment of Hussein in Iraq in 2003 was a less bad option than invasion & "nation building" stand by that with the hindsight of what happened.

→ feels a bit reductive & aphoristic (sorry, Adam)  
↳ coincidental that this AM I've read a review of a new bio about his son (2024)

A couple years later, I went to see Gopnik talk in person about Updike — pure bliss for me as they are both some of my favorite essayists. They have an ability to take a hugely complex topic or body of work & distill it down to a readable summary that doesn't flatten out its complicated beauty.



SEPT. 12 - 16 (2016)

I've loved spotting foxes for a while - they are my spirit animal

Yw 6am  
Experiment 9:30-10:30  
the many events can I expect  
the stand off after work?  
Strike Rite 8:30-9  
then @ where I  
met Natoya. Talked until  
11:40 and missed NHSL so I  
jogged to Spencer and arrived  
at 12:10 all sweaty. Natoya about 4x number of immigrants who came through Ellis Island  
at 12:2am in 1907, its busiest year.  
N6 Iron collect 12-2am  
Buffy/Ginevra conspiracy theory!  
Lunch at table w/ Nant and Jessica  
Dat Ass!  
NHSL MF-5th meet Nikki @  
Buddochan (steak stir fry &  
donuts. Walk to 39th

Thursday, Sept 15  
Cop on Trump & Conspiracies  
- Statue of Liberty & Green Patina of the Copper  
Sept 29, 1909 Wilbur Wright 25-min flight around statue  
from Governor's Island commemorating 300th since  
Henry Hudson sailing → NY Harbor & 100 yrs since Fulton's  
first steamboat trial. (On Sept 15, 2009, I sailed through  
the harbor, under the VHS bridge & into NJ. (Belmont, NJ)  
Blue 1 White 1 Orange. [value of both in 1625, 1626, 1627, 1628, 1629, 1630, 1631, 1632, 1633, 1634, 1635, 1636, 1637, 1638, 1639, 1640, 1641, 1642, 1643, 1644, 1645, 1646, 1647, 1648, 1649, 1650, 1651, 1652, 1653, 1654, 1655, 1656, 1657, 1658, 1659, 1660, 1661, 1662, 1663, 1664, 1665, 1666, 1667, 1668, 1669, 1670, 1671, 1672, 1673, 1674, 1675, 1676, 1677, 1678, 1679, 1680, 1681, 1682, 1683, 1684, 1685, 1686, 1687, 1688, 1689, 1690, 1691, 1692, 1693, 1694, 1695, 1696, 1697, 1698, 1699, 1700, 1701, 1702, 1703, 1704, 1705, 1706, 1707, 1708, 1709, 1710, 1711, 1712, 1713, 1714, 1715, 1716, 1717, 1718, 1719, 1720, 1721, 1722, 1723, 1724, 1725, 1726, 1727, 1728, 1729, 1730, 1731, 1732, 1733, 1734, 1735, 1736, 1737, 1738, 1739, 1740, 1741, 1742, 1743, 1744, 1745, 1746, 1747, 1748, 1749, 1750, 1751, 1752, 1753, 1754, 1755, 1756, 1757, 1758, 1759, 1760, 1761, 1762, 1763, 1764, 1765, 1766, 1767, 1768, 1769, 1770, 1771, 1772, 1773, 1774, 1775, 1776, 1777, 1778, 1779, 1780, 1781, 1782, 1783, 1784, 1785, 1786, 1787, 1788, 1789, 1790, 1791, 1792, 1793, 1794, 1795, 1796, 1797, 1798, 1799, 1800, 1801, 1802, 1803, 1804, 1805, 1806, 1807, 1808, 1809, 1810, 1811, 1812, 1813, 1814, 1815, 1816, 1817, 1818, 1819, 1820, 1821, 1822, 1823, 1824, 1825, 1826, 1827, 1828, 1829, 1830, 1831, 1832, 1833, 1834, 1835, 1836, 1837, 1838, 1839, 1840, 1841, 1842, 1843, 1844, 1845, 1846, 1847, 1848, 1849, 1850, 1851, 1852, 1853, 1854, 1855, 1856, 1857, 1858, 1859, 1860, 1861, 1862, 1863, 1864, 1865, 1866, 1867, 1868, 1869, 1870, 1871, 1872, 1873, 1874, 1875, 1876, 1877, 1878, 1879, 1880, 1881, 1882, 1883, 1884, 1885, 1886, 1887, 1888, 1889, 1890, 1891, 1892, 1893, 1894, 1895, 1896, 1897, 1898, 1899, 1900, 1901, 1902, 1903, 1904, 1905, 1906, 1907, 1908, 1909, 1910, 1911, 1912, 1913, 1914, 1915, 1916, 1917, 1918, 1919, 1920, 1921, 1922, 1923, 1924, 1925, 1926, 1927, 1928, 1929, 1930, 1931, 1932, 1933, 1934, 1935, 1936, 1937, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1945, 1946, 1947, 1948, 1949, 1950, 1951, 1952, 1953, 1954, 1955, 1956, 1957, 1958, 1959, 1960, 1961, 1962, 1963, 1964, 1965, 1966, 1967, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 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3448, 3449, 3450, 3451, 3452, 3453, 3454, 3455, 3456, 3457, 3458, 3459, 3460, 3461, 3462, 3463, 3464, 3465, 3466, 3467, 3468, 3469, 3470, 3471, 3472, 3473, 3474, 3475, 3476, 3477, 3478, 3479, 3480, 3481, 3482, 3483, 3484, 3485, 3486, 3487, 3488, 3489, 3490, 3491, 3492, 3493, 3494, 3495, 3496, 3497, 3498, 3499, 3500, 3501, 3502, 3503, 3504, 3505, 3506, 3507, 3508, 3509, 3510, 3511, 3512, 3513, 3514, 3515, 3516, 3517, 3518, 3519, 3520, 3521, 3522, 3523, 3524, 3525, 3526, 3527, 3528, 3529, 3530, 3531, 3532, 3533, 3534, 3535, 3536, 3537, 3538, 3539, 3540, 3541, 3542, 3543, 3544, 3545, 3546, 3547, 3548, 3549, 3550, 3551, 3552, 3553, 3554, 3555, 3556, 3557, 3558, 3559, 3560, 3561, 3562, 3563, 3564, 3565, 3566, 3567, 3568, 3569, 3570, 3571, 3572, 3573, 3574, 3575, 3576, 3577, 3578, 3579, 3580, 3581, 3582, 3583, 3584, 3585, 3586, 3587, 3588, 3589, 3590, 3591, 3592, 3593, 3594, 3595, 3596, 3597, 3598, 3599, 3600, 3601, 3602, 3603, 3604, 3605, 3606, 360



did I know there was a  
Dylan song named this?

SEPT. 17 - 19 (2016)

Another great day of  
quotes from Gopnik  
articles.

I always  
welcome the  
arrival of a little  
chill in the air.

On Mondays was when  
new issues of the New  
Yorker magazine were  
available online & I'd  
anxiously click to see  
which of my favorite  
writers might have a new  
piece. The Mount Rushmore:

Adam Gopnik  
Peter Hessler \*  
Kathryn Schulz  
Louis Menand

\* I Googled him & it  
turns out his newest  
book was published last  
month (7/24) called  
"Other Rivers"



NEW YORKER

- Osiris  
- Rich  
- Gopnik

Monday, Sept. 19

Yw 6:30 Buckets of Ram

Gopnik on Jane Jacobs bio  
"The ability to radiate certainty without condescension, to be both very  
sure and very simple, is a potent one..."  
Jane Butler Jacobs "She believed that authority could be laughed away,  
a powerful notion for a provocateur to take through life."  
"She became notorious for attacking Lincoln Center, then under  
"Ride the Construction."  
"Wave"

(-funny-bc I enjoy that complex)

"First, cities ARE its streets. Streets are not a city's veins but its  
neurology, it's accumulated intelligence."

"The independent-minded philosopher-saints are so sure of  
themselves that they often lose the discipline of any kind of  
peer review, formal or amateur. They end up opinionated &  
alone."

"Most big ideas tend to be half right, half wrong - and, as time goes  
on, the right parts look ever more obvious, while the wrong bits look  
really wrong."

(but in Present, hard to tease out which  
which will be which)

Gopnik on Charles Dodgson 10/9/95  
b. 1832 - so was 20 in 1852, before Darwin's fame and  
smack dab in Victorian England. A mathematician.

Alice Liddell was the daughter of his "boss", the Dean of Christ  
Church, Oxford College circa 1855 on. He first met Alice when  
she was 4. Not until she was 10 did he become exclusively  
obsessed with her over her two sisters. 1862 - July 4th, when  
he told them the story of Alice falling down the rabbit hole.

A year later, he was banned from the Liddell household.  
"After a few years, he passed from his life. And he died taking notes of  
young girls."

Are the Alice stories "Quest stories" or merely "Experience" ones.  
Gopnik argues that Alice is ALREADY the most mature character  
at the start. The end isn't "no place like home" BUT "I can't take  
this anymore."

"Late Innings"

1ST DAY

Jacket on the  
back of da chair

S Linei Mad...  
then Matoya

Ns Bank, then Whole  
Foods, then CV

[dove Dad's car]

A HARD DOSS

3 - 6pm

\* Things seem lodge in  
the mind as events, while  
things read linger in the  
soul only as echoes."

- A.G.

Starbucks

Asx/Rove ✓

GULLS pound DA BEARS

on MWF 2-4-14

LATE/SETH  
NIGHT/ MYERS

Trump better. A year later, he was banned from the Liddell household.

✓ "Fark the Endo  
mation point."

Yw

7ish - out headed toward Saturday, Sept 17

A train by 8.

Walking the West Village with an @ out for

@ Jack's on 10th: + Cider Donut, nice (Alec B)

BS + community vibe. Scoped out GOOD restaurant

NYRH on Greenwich St. btw. 7th/8th Ave. Park

Tenderloin was A+ choice. Up 9th to 42nd then

over to Hudson and up the jagging path to

Riverside Park South. Starting at 54th it is

The Light shines on the Piers, as all young buns know.

Paul Simon + Dion.

Yotel

4th Floor Terrace

DECK (w/o

Angry Orchard

CAB w/ Christina, Ray

Zz Lam

North st. 6-0,

Overheads 4-0

on V point @ Central Park

Yw 8ish -> 75th St. Starbucks

80st - Riverside Park South - Tennis

Courts @ 120 - up stairs and back to

Brooklyn and 113 - sit by St. John Divine

- Morningside Drive - Amsterdam -

LAGRANGE branch.

2 A+ pods: Gopnik on

Alekhin Bottom on

Statue Anxiety

A little heated, but like on walk. Games

along the Park. Walrus & Carpenter poem @ EJP

Wt

Fla Outfit who got out w/

me at W. 4th. Dat Ass tho.

Dating tips 4

the unemployed

and watched & listened &

reflected.

- Hearts & Bones

- A Song For You Canopy

- Saving the Seeds.

ACCEPTANCE FORGIVENESS

GWB 6th Ave

in distance

Wt Lating/White

GOOD Restaurant

outside table

- mac night

- Near Uber driver

fight

- Combined/Figo/

Port/Bradford/

Chae, Cate \$84

Cops, Firefighters,

Helis EVERYWHERE

Ray had floated 8pm show

on gchat and I said now, no rush

Ahmed Rahimi convicted in 2017

sentenced to life!

NYC

Sunday, Sept 18

12-1:45pm Brunch w/ Paula, who was

DOWNING the drinks. [Cab(hump)/w/ eggs]

walked back to her place and then

Styrofoam in w, Afternoon delight.

Worshipping the pussy. She wanted Inter.(course)

I would have fine w/o. But whatever.

Mad rush after C train to Rays to 1 to

Penn Station. AMTRAK back is

7:08 Ardmore. 8-9 hour of Emmy's, then zzzzz

Back to

Bryn Mawr on

the train

NYC (cont)

ah, nostalgia.

Seeing her walk

up, after not

seeing her since

Lehigh, was one

of the wow

moments of.

attraction in my

life.

\* We were 10

blocks away at

8:30pm, having

dinner @ GOOD,

but this proly

qualifies as the

closest brush I've

had w/ an act of

terrorism.



a silly game I used to play while  
brewing coffee - trying to stop my phone  
timer at exactly 4:00.00

SEPT. 20-23 (2016)

• All days in Bryn Mawr, PA

Yw 6:30 4:00

Thursday, Sept. 22

Hm Tweet from Bryan Curtis about  
origin of Ma Arthur "Genius" quote  
John had NO interest in philanthropy,  
but insisted to protect his Arturians  
estate taxes. of 2001.

Transcript P3 Lynes.  
→ GV HOK (end)  
→ Hovlib, then NHSL BS/Sal

V Women: Angel "Thank you" for  
making difficult for them & them

Blue Moon + Apps (Potstickers, Wontons)  
@ Chocecake w/ London Review Books

Nikki @ 5:40, then Rittenhouse, then 30th st  
Fuck You SEPTA! (wait hour for a train)

Yw 7:45 S Suzie 3-4:30

XOLO  
Asada tacos - 2013 Postscript Hurlburtam  
Pulled pork  
Churros +  
3 Lecher

Ep 1, Season 3 - Transparent  
Hm Deformity -  
partial belief in this  
"offending" statement

↓  
so true!

Hm 4pm  
Went to  
coffee

"It's all about  
Intention"  
- K. Wing

11pm

POSTSCRIPTS: Chinua Achebe 1930-2013  
"He had a gentle presence - a man fully capable of wit  
and mischief and open laughter, but whose default  
expression, of ease, was one of sympathetic melancholy."  
Ed Koch 1924-2013  
"Koch didn't care about his public image as much  
as obsess about it."  
"That was Koch. Hoping, self-willed. Full of life. Just  
like his beloved city."

NS Whole Foods, then 22y traffic on Arch Ave.  
Lunch on Porch

Toy Camp: lighting R5 getting off a PM  
21 years and our paths collected again,  
ever so briefly.

S Christy, then Quest, ship + MN  
then Euro P - C

2nd Midway

→ GV MIB (end)  
→ WAK Mawr (Wing)

After Empire, 5/26/02 NYC on Chinua Achebe

The clash of civilizations was his enduring theme.

"It began to dawn on me that although fiction was undeniably  
fictitious it could also be true or false, not with the truth or  
falsity of a news item, but as to its disinterestedness,  
its intention, its integrity" - Achebe.

Hm Paul Simon liked:  
- baths  
- suffering for his music  
- sex w/ grumpy & married  
women  
- being an absentee dad

ONE -  
(Trick Pony) on VHS w/  
DAD

One Trick Pony was released in theaters  
in Oct. 1980, the same month the  
Phillies won their first World Series  
(I was 7 and we were living in Hebron)  
The Album of the same name is GREAT!

Yw 6:15am

NYT article about  
Lake District Passaries  
17.5m tourists per year to  
an area of 912.59 m. Brings  
£2.66b of revenue to 41K  
year round residents.

S Nalpya  
GV (along Harkin)  
→ WAK Mawr (Wing)

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Tuesday, Sept 20

- Gopnik on John Brown's body  
the High Transcendentalists - Thoreau, Emerson, Alcott - were his  
most fervent admirers, even after Kansas.  
"Whatever else Brown might be, he was not a trivial man,  
or a worldly one; he was not a merchant with a Sunday cause."

Wrote own constitution for what he imagined to be a  
provisional government to come. Inc. an article against  
"filthy conversation".

After capture he was allowed to talk to press!  
"insouciant openness that was, until quite recently, a feature  
of American life"

And then he spoke plain truth: "You had better - all of you  
people in the South - prepare yourself for a settlement of this  
question. You may dispose of me very easily - I am nearly  
disposed of now. But this question is still to be settled."

That was 1859. Two years later, war began.  
Brown - "The man who made the Northern Cause an armed  
cause, he was, in a certain sense, the first casualty of the South."

- Lane on "Eight Days a Week" Beatles film  
"To dwell in a bubble and yet be observed by millions;  
to grasp that paradox, in the sixties, you had to be a Beatle,  
or else be a man on the moon."

NETFLIX

Wednesday, Sept 21

7:45-8:30 Camryn  
8:30-10:25 Random reading + C

10:30-1:45 Newt: Farmer's Market  
→ GV Rogan + Callen, Bryan

2:00-4:30 Relax/Nap (3 Atlanta)  
4:30-10:00 Dad / Loughmoe / Class

Religion convo w/ Anna, Katy, Isabel, Valeria, Eileen

Zz 11:45

They aren't all "winners" as journal days. Boring!

I'd like to visit  
Harper's Ferry, WV  
someday - where  
it all went down.  
My 2nd Great  
Grandmother,  
Marie Dallas  
Campbell was  
born ~ there in  
1870.

As close to  
100% prophecy  
as you'll find.



September 24-28 (2016)

all days in Bryn Mawr

1 Love that I recorded when I awoke - these days (having an office job) I wake up at 6am, but still w/o an alarm.

Aphia is a woman I met in 2010/11 when living in Harlem. She visited from Buffalo one magical April weekend - maybe the best travel date I've ever had.

I think this was the time Newt Spencer (91 yrs old @ the time) insisted we drop off a copy of his self-published memoir at Haverford & Bryn Mawr. Originally, he had lobbied to take it directly to the President's house. Ah, Newt.

Yw 7:30am

Q then Richmond vinn

NHSL → GV

→ WW "Heavyweight"  
Moby & the the CDs

NAP (Hard Dosi) 3-5:30

25min →

All I lasted watching debate  
Then to Twitter & chat w/ Ray.  
Donald couldn't stop interrupting

Monday, Sept 26 "Debate Night"



Oscar Wao (ant): "She didn't seem to mind being the girl you called every couple of months at eleven at night just to see what she was up to. As much relationship as she could handle."  
...and having her mouth so close to his nuts was finer than your best yesterday."

Wt Aphie-like cheekbones on Starbucks Barista  
BLT's and Debate Talk

Ns Cold Range  
C/Wok Foods

WILL & GRACE  
2016 Election-Scene

Hillary 1

Donald 0

Next Oct. 9

He has subtle specific policy knowledge

Z2 12:30ish

& even so, he won.

Yw 7:15am

T6

Ns Drop off at PG Library

Stride Rite Tuesday, Sept. 27

- Ali Wong by Ariel Levy  
Bryn Mawr - Cuba, by Janice Anderson

→ GV  
→ WW Rogan/Sommer

Transparent, Ep 5

NHSL → B & N Rittenhouse → Luke's Lobster → Trocadero (Cove?) → RS → Z2  
Cameled March Bryn Mawr

Yw 6:30

LATE NIGHT  
SETH MEYERS  
"Closest Look"

Water stick nite  
Exercize  
Sleep  
"Afghanistan" Fresh Air

Wednesday, Sept 28

- Zaka the Zulu, Gupph NYr  
Must be based on St. Ignatius just E of Haran.

→ GV HTBA: Mann/sonnet.  
→ WW Rogan/Carlin

Ns Farmer's Market

2:30 @ (U) + Ero (Laugh at stork dictionary)

LANGHORNE

Ana / Yang Hao / Irina  
Money matters & crazy Bank Holiday picnic

Drive Home ESTOT. length of One Trick Pony CD

playing w/ cnyans w/ Roberto's son.  
Transparent eps 6-8

Z2 11:30pm

Cameled good-bye if  
this was the "6:30 SLEEP"

Seems as though Dad had enough students in his Wed. night Langhorne ESL classes that I was helping him out. (I had taught them solo in Feb 2016 when D & Mom were in Zim)

Yw 7:15

Earth from Space Station: lightning spots under the clouds  
- Child's first sticking out from Aleppo Rubble  
- Watching Jews in pool in France  
- Expansion on mod'i for working for Oshyafast Beer

→ GV Simmons/Hair/Lopkendi  
→ WW (cont)

Afternoon Hannibal ep 1, Transparent ep 2

Evening Dixie Now "Iron Lovers Polkay Arroz"

Hannibal ep 2, Transparent ep 3, Easy ep 1

Z2 9:45

Yw 4:45

BERLIN 262

Kipsang v Bekele

Reflections Beer 120 years since  
Guthrie & Phillips SR. Still active,  
still full throttle. Accomplished  
summer travel goals.

I'm going to I17

Madison about Milk (Early Macla)

Red-Tailed Hawk on sidewalk  
on way back from Starbucks

CV

WW Podcast

CV

CV

CV

CV

CV

CV

CV

CV

CV

Saturday, Sept 24 "First Day of Fall Crispness"

- Achille, NYr (cont)

Btw 1-3 million Igbo died in Biafran war WW

9:20-10:20 (Nu) + VI = 6

Bought new Adidas Running shoes  
@ Bryn Mawr Running Company

Stride Rite @ 6:30

BM Loop - Gorgeous sunset

\* chat w/ Ray  
arguing women, Trump  
& Hillary.

Great writer... but in May 2018 he got wrapped up in a #MeToo controversy. His story "This is How You Lose Her" is FIRE!!

pre-down boating accident off Miami Beach Jose had cocaine in his system & was legally drunk at the time.

just old age

This was 'well imagined' because I did BOTH of those things in 2017

Arnold Palmer 1929-2016

R.I.P. (TM)

R.I.P. Jose Fernandez 1992-2016

R.I.P. (TM)

R.I.P. (TM)

R.I.P. (TM)

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September 29-30 (2016)

I'm not sure the reason, but ever since high school Thursdays have been my favorite

Language Assignment:

In this photo there is a little girl and a policeman <sup>8 year old</sup> playing together in the middle of a road. <sup>body to body, order given</sup> The girl has dark hair, a striped shirt and pants with bright red shoes. The policeman is her short blond hair and is squatting down so that he is the same ~~to~~ can see eye to eye with the girl. They are playing a game, a patty-cake type game when the girl is extending both her hands and the policeman ~~looking~~ is ~~also~~ about the lightly-tap one. The expression on the girl's face is one of pure joy, with her mouth open and her eyes directly on her new friend. The policeman is also smiling. I like this ~~photo~~ photo because it shows that hidden within difficult situations there can be moments of joy between two people who don't even know each other, but who recognize each other's humanity.

Yw 6:15

Czeslaw Milosz

"The O of our

reputation is steadily

hooded by the of our

human propensities."

↓

This is what I've always

been trying to express about

my experience (and thus my

beliefs) about modern man.

Just a drive:

Rt3 - Bryn Mawr Ave

- Lancaster - Back

Last thru Collyer

Loop of John's phone.

"Modern Love" essay read

by Kathryn Hahn

STORE:

iPhone 6s purpose

"Do you take this phone

to be your lawfully wedded

spouse for 2 years?"

"I do" (but I got insurance)

2HRs

BATTLING WITH MACBOOK AIR

TO UPDATE OS SO I COULD

ACTIVATE MY NEW PHONE

& TRANSFER DATA

D

I

S

C

O

V

E

R

Y

Thursday, Sept 29 "This with thanks to every Thursday show"

[CONTENTMENT]

- End of Tobin Supreme Court article

- Critic: Return of Utopias

"There is a tyranny in the womb of every utopia."

Utopias: The Pursuit of Perfectionism: Ugh

It doesn't show an im much good. Better to be realistic and hope for

small gains and "good enough" against the horrendous arc of my

human nature

"A spectre hangs over these places — the spectre of failure."

"Nearly every utopia ... begins with a determination to create a new

economy ... Yet egoism, acquisitiveness, competitiveness and all

the other ill of human flesh bob repeatedly to the surface, like

a cork that will not be submerged."

Me: Christianity just transports the seductive thought of utopia

living to the Afterlife

Every serious student of social problems has discovered that

possessiveness in sex and family relations makes economic

communism unattainable." — ex. Onirida resident

ONEIDA's evolution is a striking metaphor (radical fringe

group → corporation catering to middle class fantasies of

class destruction)

"Utopia is always susceptible to the tyranny of high expectations

but it was up to each individual, my friend said, to decide

whether to focus on the victory or on the failure."

ALSO true of each individual life \* always good for me to

remember to stay positive

The Utopians have a better story to tell; the meliorist leaves

us with a better world.

4pm 11:30pm Typical Night when I'm by myself:

snacking . masturbating . surfing . phone lin is.

texting (S) Jill (Aw) then Natoya <sup>2x</sup>

Ep 9 TRANSPARENT

I wouldn't have accepted this theory in my 20s.

This x 1million

This is why I'm better off not living alone. #NeverForget

Yw 7:18am

Wrestling w/

whether to cancel

on Tiffany. Settle on NO

I will enjoy her company

I Love Dick (Amazon)

4:30 → 100 River Road

Listening to Camilla/

BS

Highlights of evening:

First makeout session, her crying/laughing at wowsers

Jake in Gay Wedding Advice, feeding each other

cinnamon buns, 2nd time in the room — her face

down, me w/ the magic wand.

22 10:30ish

→ Morning sex: (S)

Friday, Sept 30 "Last Day of September"

- Settle on Atlantic Photos as Homework Assignment ✓

Dieter / YouTube: Seth / James / Stephen

Ns Wayne 5 Guys

(Jessica left crying)

(S) 2:00-3:30 Suzie

4:30 → 100 River Road

Listening to Camilla/

BS

Highlights of evening:

First makeout session, her crying/laughing at wowsers

Jake in Gay Wedding Advice, feeding each other

cinnamon buns, 2nd time in the room — her face

down, me w/ the magic wand.

22 10:30ish

→ Morning sex: (S)

So Aug 27 was first date &

Sept 30 was first time we had sex.

We waited 34 days!

Again, the brain (well, mine at least) often says "isolate & relax" but it's always better to push through that & trust that it is an illusion — & once you make the effort you'll enjoy the company of someone you like.

I recognized the need for some balance if it would last







October 5-8, (2016)

Apparently I was apartment sitting for Nikki @ 48th & Walton for a couple nights in SW Philly.

Had totally forgotten abt the Michael Gross comment. He was the dad on Family Ties. Others I've been told I look like:

1. Norm MacDonald (young)
2. James Franco
3. Kris Kristoferson

Have little to Zero memory of this date!

So the Donald Trump, "I just grab them by the pussy" Access Hollywood tape came out exactly 1 month before the election & most people, including me, thought he was done for.

But, obviously to us now, he wasn't. One month later (which included the Comey announcement of a Hillary investigation), Trump eked out a slim electoral college victory even though he only got 46.1% of the vote.

Friday, Oct 7 "Philadelphia Freedom"  
 5:57am  
 580 had deposit  
 2:24pm  
 NHSL → Philly  
 Man nodding off w/ charging his phone prob from over quetta  
 5:20-7:30  
 → Fingert (Wagman/37) - Federal Donuts (2 free!)  
 → Baltimore Ave → Ca-up (Ginger Beer/Coke/Chase Riff)  
 Up LATE, watching Cubbies, gabfating w/ Ray & revelling in Twitter jokes about Trump some next level Schadenfreude going on.  
 11:30

Saturday, Oct 8  
 7am  
 Cofe Market 45 & Locust  
 THEN  
 50min up Catherine across Park Blvd (Cobbles Creek) then along 69th Street to NHSL.  
 5 Guys  
 I overheard 2 drag out verbal fights on the subway/NHSL w/ women on the phone w/ trollin' guys.  
 7pm Meet up w/ Tiffany in front of Pharmacy (clerk!) Walk to Manabeck (behance pizza)  
 Westworld (kinds), but make-out (mostly) - then walked her home 1/2 way.  
 11:00

Sunday, Oct 9  
 69th - Ave Junction  
 11:20 - 11:47

Wednesday, Oct 5  
 7:30 (up late)  
 Montreal 10am  
 James Wood on "All That Man Is"  
 Sam Harris on Trump "He strikes me as completely rudderless intellectually."  
 5-2 Over the Orioles.  
 "This is a mind with no apparent purchase on the world. We hear speaks he is just creating an atmosphere - and it is an atmosphere of false confidence." Free will?  
 A Philadelphia Food/Drink  
 1/2 Marathon Cheap Eats  
 Right now Sunday looks the better bet.  
 Why do I like the early mornings?  
 It is a time when I don't feel needy, am neither hungry or horny and I can just "BE" (still holds true)  
 CLASS  
 - memory of adolescence  
 - robots - anna - paul  
 - short sentences/details  
 - a typical day TP  
 Giants 3  
 Mets 0 F → Nate & Dodgers  
 Connor Gillespie 3-run HR off Familia  
 Random Chris Christie nickname in his was Buttricks  
 Thursday, Oct 6  
 7:07  
 Animation of all the Rivers that Flow into the Mississippi  
 Verge: edge or border  
 Tiffany - Summer days - ever-faded but tell me baby, can you stand the Fall?  
 Georgia Luene plate  
 best Blue Heron by Spencer's creek.  
 → GV Harris/Racism  
 → WW Springsteen Fish Air  
 "Look at me the way you look at yourself" ie his father  
 Ludington stop.  
 Pasta + Caesar + PB Pie = Bartucci's  
 10:46

Two months later, Springsteen would be on Desert Island Discs & talk more abt his complicated relationship w/ his father.

→ because knowledge is almost always revised in the arc of time.

→ One of my favorite Q's to ponder - yet unanswerable w/ any certainty because I will be long dead in 300 años.

→ Twos always so & will always be thus.



October 9-11 (2016)

Leonard Cohen  
Sept 21, 1934 - Nov 7, 2016  
He had less than a month  
to live from the day of  
this journal.  
Another great artist  
chock-full of contradictions.

• Back to Bryn Mawr  
after 3 nights in Philly  
Zam is too late!

He'd also go to  
the 2021 & 2024  
Olympics, but no  
medals sadly.

Only one erasure from this day. Was I settling down a bit?

Yw 5:48 Still unsettled Monday, Oct 10  
from debate last night

Walk/Jog to Office Market for  
Ns  
SUN VALLEY



Leonard Cohen

Take-out from Zoi's eat w/ M & D  
(always phone)  
(MLB) Indians Red Sox 3-0  
Nats 7-2-1 on Dodgers  
Cubbies 7-2-1 on Gigantes  
(S) 85 4 600min. NE 22 Zam  
Woman from NE FA (married)

Yw 8am Tinge under back right Tuesday, Oct 11  
shoulder blade.

How Tail:  
'Good on ya' to  
Patri & T.  
on the Olympic  
BIG THREE  
- Letter  
- Bus Tix/Amtrak  
- The tone was all  
wrong - for me!  
NAP - take breath - Watched H.M. + 30 Rock (Nose drive)  
- Adrenaline in Exotic World and MR Schwartz (what is my niche?)  
- 30 ROCK season 1: Amazing show & amazing parallels btw Donaghy & Trump

Found on sign,  
left for a day,  
still here.  
Basil  
Kimmel  
Ezra Klein  
Democracy Guy

Reverend!  
(Leonard Cohen)  
"By 1960, they were less likely for  
eight years, the relationship came apart  
little by little. - (is falling apart) as  
ashes

"When Leonard was nine, his father died. At that moment  
a personal wound, was when he first used language as  
a kind of self-salvation."  
"I have no idea what I'm doing," he said. "It's hard to  
leave. As I approach the end of my life, I have even  
less and less interest in examining what have got to be  
very superficial evaluations or opinions about the  
significance of one's life or one's work. I was never given  
to it when I was healthy and the less given to it now."  
On the Zen lifestyle in the San Francisco  
"Leonard has a spiritual aspect to his life. He  
helps people, and it makes winning the least  
appropriate response to suffering. Just on that level  
it's very valuable."  
In death "I don't look for redemption that I probably  
wouldn't be able to process even if it were granted to me."



Yw 6:45 RAINY WALK Sunday, Oct 9  
to market

Free-form ramblings from 1/2 Marathon Cleanup Eats

South Philly - needed something to cheer me up along Wharton & Reed and listened  
to Low & Ken, but they fell into police discussion. Saw a Wt with a cake bottle  
- began walking just to my right near Reed & Broad. Right on Broad and  
- the economics of my walk changed. Got to Passyunk and it became urban  
chic. Stopped at Stargazy and had Chicken & Mushroom Pie be they  
went out of sausage rolls. Ate them on bench. Walk down  
trendy Passyunk, past rival Choc-wat places, past site of old Moyamensing  
Prison (Hannah Elias, late 1880s) to South Street, then up 5th, then there  
- street fair on Race & 3rd. Petal Tours, people looking like they were having  
fun - how could I replicate that on a smaller scale? Piece of form blew  
off of building on 3rd. Up through Northern Liberties to Plaza where I watched  
Eagles/Falcons in Sept 2009. Last couple plays of 1st half. Continue to  
Broad Ave, sun is now out, past Johnny Boudos (Moke!) to Stock.

Huge dish of soup. Full to bursting. NY Radio Hour, Ave & Renwick  
as I walk Girard to 11th, Spring Garden to Broad and then  
this city hall (birds playing in grid engraving) to South St. Eagles lose  
to Lions 24-23. Argument of men & women near Mopics.

Amazing slice of pie. Remember Wednesday deal! Leave  
out and pass a Wt vision of youth, light skinned, wearing  
black w/ serene confidence. Texted Roy. Listened to (my form poem  
w/ auction of book about man w/ in memory who had been liberated by  
his grandfather. Up Baltimore to 50th, then loop back on Waltham. 5:30ish  
Rest, then SE> Harvest, wine flights, Q&A  
Twitter debate  
Sad! Sign-off gchat



Black Raspberry  
w/ Almond Cannibale  
Crest

Was still apt  
sitting in SW  
Philly & I did  
a 13m. walk  
around Philly

Meat Pies!

Ramen!

Pie!

Was on the  
road roughly  
from Jan-5:30

another Trump-Hillary debate



October 12-14 (2016)

all days Bryn Mawr

Some WISDOM right here. Who is to say what I believe strongly 'today' won't change sooner or later. Practice intellectual compassion to myself & others.

probably how 'good' certainty feels to the human psyche.

Is songwriting a form of literature? I guess... but I still feel as though Bob had enough accolades. Give it to an actual author.

For some reason, this random afternoon is seared in my mind. Mary Ann (Spencer) Blair's house, which was just about to be sold. I forget why she'd asked me to be there - I must have been waiting for someone to arrive - a worker of some sort. It was like being in a late 70's Jackson Brown album cover.

Yw 5:20am FG:D- (after work @ computer)

Thursday, Oct. 13

Love, your fingers! (LOFL)

Let me not forget that I was enamored with the idea that the Bible was objective truth when I was in my early 20's. Don't be judgmental of others - the thought that there are answers to the Big Questions is deep in the human psyche! (What explains my credulity?)



SR MIB/

St Hegre

Ns

City Line Loop, Lamp pick-up & Apple Pie

NHSL → 15th → Fat Salmon: Dinner w/ Spencer → Rittenhouse → Tea w/ Iyun (she's a right price of a woman) → R5 to Bryn Mawr

Zz 9:30

Yw 6am

Fg C

BOB DYLAN - 2016 NOBEL PRIZE - LITERATURE

Eastern European Ideas

Old House, Ave B

B&H, 2nd Ave

Vodka, full time

Place

Ns Five Guys

56 CEDARWOOD

Light/Shadow "Waiting For Godot" 1-4pm

Nothing new

Old Champs

DAG/Noel/Moche/Doug

Talkin' Sex

Turkey's 30yr Coup, Filkins

Turkey: Founded in 1923, out of the ashes of the ottoman empire, by Ataturk, as a secular state. For most of the 20th Century Turkey's pious majority was governed by a small secular elite.

2007 split betw military and Erdogan: elections called and E bolstered by religious electorate.

Gülen tilted toward messianic self-identification, like so many before.

Gülen: "I wish to die in solitude.. I wish that nobody remember me."

→ GV Desert Island Disc Russel Brand

→ Reply All Guy in the Photo

odd lad, this one.

Wiz2 Dodgers win 4-3 marathon v Nats.

Friday, Oct 14

Seth Myers, Ash Carter + Closer Look

Copnik on Dylan's Nobel: Points out that since 1960, while the right has had the bigger political influence, culturally the left has dominated & swept the board.

(caught an error - Lenny Bruce was arrested in SF for saying 'cockwecker', not Philly)

Quint

Trailer for new BBC Planet Earth 2 AWE!

aka A quick, meditative 80 mins + cheese steak

DAG DESTROYS @ Punchliner Philly.

Audience was in his hands from the MOMENT he stroled on stage. Legend. Contrast betw other two was amazing.

Spiny Tins Crib

Dark Tacos / Plantains

Interesting that I don't mention who I went with. 'Twas Nadira.

'Late For the Sky' (1974)

released a year & a day after I was born!

Yw 5:45

SR

Wednesday, Oct 12

WANT WHAT I HAVE

Hm What we present to the world VS What we feel inside - AND issue

an always comparing the latter to the outer perception of others.

Apple & Oranges, my bro

1950s housewife (def): A woman, pressured by the media, the commercial culture (and often by her upbringing) to deny her personal & intellectual interests and subsume her identity into her husband's.

Last words in journal were: "I am the captain of my fate. Laughter is possible laughter is possible laughter is possible."

Dear Google Maps Letter

And before 1984, only 1 (J of A)

Q: How often does the purported religious can for the soul mask an obsession with the flesh?

→ GV End of Klein/Fukuyama

→ WW Zeddy Smith Desert Island Discs

Lots of TV: Mac 30 Rock, Divorcee, Easy (Netflix)

More Trump Allegations, he digs in his heels - it's only going to get messier.

✓ Lapham Quarterly: Flash - Body & Soul, by Noga Arikha (RR)

Introducing the "How did I treat my Fingers Grade" or HdH FG. Today = B+ HFG%

8 years later, the struggle continues with little to no success. It's not even a struggle in truth - more a capitulation. I'm a nail picker & biter. Full stop.

Shirley Jackson, by Zue Heller (died in her sleep - heart failure - at age 48)

Her husband was a serial adulterer. "He also continued to be chronically, blithely unfaithful, mostly with former students."

"Always, the hope of an alternative, happier life proves illusory."

"I used to think... with considerable bitter amusement about the elaborate painstaking buildup you would have to endure before getting [one] of your new york dates into bed."

... they had been sought out, even telephoned, spoken to and listened to, treated as real people, and they had the unutterable blessing of being able to go home afterward not would have changed places with any of them."

statues of named women in New York

Eleanor R (72 & Riverside)

Joan of Arc (93 & Riverside)

Harriet Tubman (St. Nick & Fred Dr)

Golda Meir (39 & Broadway)

Gertrude Stein (Barnard Park)

Ellen Johnson Baker, lived at 452 St. Nick in 1940 (1932) as a 36-yr single woman made abt 7K adjusted for inflation.

E185.97.B2M4 R36

Ns Wednesday - where else?

Great Hot Turkey Sandwich



no erasures &... wow!

"We might be wrong"

October 15-18 (2016)

✓ all days in Bryn Mawr

lack of "aching, need  
based desire"  
well said, Garth!  
Mornings are still like  
this for me.  
(I now walk 1hr 20m  
to work from 6:30-7:50 am  
on weekdays)

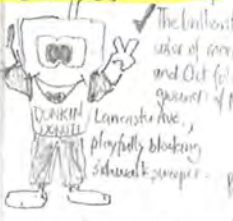
Deep questions from  
the now-bearded sage  
of Late Night

Hold it lightly,  
my friends.

Gotta say, life was  
pretty good for me in  
Oct 2016 - Dad still  
alive, getting to know Tiff,  
not working full time but had \$,  
thinking deep thoughts about  
life & being grateful!

Yw 6am FG C+ > SR> Monday, Oct. 17 Gary Trudeau!  
I love the morning - my playground of ideas, both micro & macro. The relative lack of aching, need based desire. Intellectual playfulness.  
Nate Cohen (NYT) - How's what the getting of: Obama could be most popular, living ex-pres we've ever had - historic figure, exciting popular, decays to live.  
Steven Van Zandt's Claims about Paul Simon's views about Mandela in the 80's (Kissinger)  
WABO: The Life of Derek Black.  
He was told to be suspicious of other races, of the US Gov., of pop culture.  
Desert Discs: Gumbais  
Rogan/Refers  
Coffee Beans/TJs P.O. (the bag)

Yw 6am FG A Tuesday, Oct. 18 FG: A  
Alan Taylor, NYT "Our Founding Founding Fathers" believe...  
More than mere lies, myths simplify the past, smoothing away contradictions to offer reassurance to the present.  
The saga of Derek Black, Eli Gidycz  
How different is it from me gradually stepping away from the beliefs of my childhood? The primary moderating factor is the loyalty one feels to family.  
Hilton Als, "Moonlight undoes an expectations"  
"Intimacy makes the world, the body, feel strange."  
Desert Island discs: Steven Pinker  
"Human capacity for self-deception"  
Nate Dimos 1964 Mississippi Voting 205  
Sapient by Yuval Noah Harari  
"The most important thing to know about paleolithic humans is that they were intelligent animals with no more impact on their environment than gorillas, surfers or jellyfish."  
"We are a great ape."  
6 million yrs  
Clumps only in the last 100K years that humans jumped to top of food

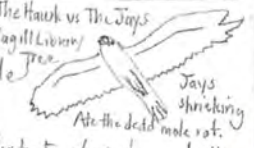


6 million is a scale of years  
that we can't get our minds  
around because it so exceeds  
human & historical lifespans.

Yw 7am FG A- Saturday, Oct. 15 BANK DAY  
BUDDHA FOR PRESIDENT  
"DAG T-SHIRT"  
We develop by life & then we help us, love us, teach us and we have a hard time @ faults  
Can't get out of my mind: Leonard Cohen & his zen master Rashi, who died at 107, helped millions and also was accused of sexually abusing and working hundreds. Ah, the paradoxes & contradictions of life.  
Increased "non-attachment" through social contact with him.  
A PHOTOS WEEK  
Red Head girl graffiti with bull  
Ashura flagging New Delhi  
We are looking for moments of transcendence - even as we want to hold on to security and permanence.  
Joshua Susskind "Rashi" (April 1, 1901 - July 27, 2014)  
Drive to GV  
Well Fargo  
Man's Face (SPRISold)  
Hav Loop  
NAP  
1x Bryn Mawr Loop  
A C M E  
MLB - end of Indians W  
- beg of Cubs W  
© Boundain: Cologne



Yw 6:05am FG F+ Sunday, Oct. 16  
I want to vote against TRUMP w/ nice nails.  
Urnsula Le Guin: "Imagination, His mother working at full strength, can shake us out of our fatal, adoring self-absorption."  
The World does not belong to me.  
What we can comprehend is but a small part of everything there is to know.  
"Humor seems to be his way of taking the edge off the pain, as well as an introvert's channel of communication."  
High Maintenance, Rob Lowe Roast  
Dodgers-Cubs, Pizza  
Zz 9:15  
The Hawk vs The Jays @ Magill Library  
Donald Hall, Double Solitude  
DH, Personal History  
Squirrels: "Tree rats, with the dexterity of paint guards."  
She said that one of the advantages of being 90 was that she could read a detective story again only two weeks after she first read it, without any notion of which character was the villain.  
"Old age is a ceremony of losses, which is on the whole preferable to dying at 47, or fifty-two."  
pleasure to watch  
birds, building, building...  
N's Paxon (Wynwood)  
"the way young people look & Newt 'as an alien to life'"



3. Such a random &  
weird conflation.  
Spoiler Alert: my nails still  
sucked (and still do)

3/1 should/could remind  
myself of this every day

The paradoxes  
& contradictions  
of LIFE  
(there are many)

1. Non-attachment'  
thru sex w/ him...  
only a dude  
would come up  
with that.

This was  
Mrs. Spencer  
("Mimi") to a  
'T.'

"A ceremony  
of losses"  
Love that -  
for me the 1st  
noticeable one  
was loss of  
20/20 eyesight.



\* turns out, this full phrase was taken from a letter Zora wrote in 1934 referring to a series of photographs taken of her.

# October 19-20 (2016) & Journal Year-in-Review

wish I'd continued this.

a darkened Goodnight Moon ball still exists in the junction of a tree branch on the College Trail nearest Haverford Ave. Good luck finding it—it is very camouflaged.

1/ Still am 8 yrs later

2/ ditto

3/ Hallelujah — I live with T&T.

4/ Maybe THE most important practical piece of advice for me.

laughter  
LIGHT SHADOW  
mean

This phrase evolved in my mind from the title of a Zora Neale Hurston book:  
"I Love Myself when I am Laughing" \*  
I forgot the subtitle ... "and then again when I am looking mean and impressive"

Reflecting on a year of Journaling: 10/20/15 - 10/20/16  
It always puts me in mind of the Don Quixote write one page = day anecdote — I should put myself on the back for the hard earned consistency! Already looked up my new project: write a day to a friend, focused on lightness & humor which will, after a year, be a different kind of journal in addition to this Isaac that, no, conversational, that first guide if my journal was for Copnik about letter writing This time of year, mid October, is so striking for the color its trees. I've been noticing them everyday, on every walk I've thought a lot about the power of 3 this year: in cooking, in my daily walks, in the number of choices I want to draw more in my journal this year and maybe take a night Random traditions started that I love: drawing faces on balls and leaving them places, (recent) book reading 8-9pm, the walk/run Still hopeless with my nails, despite January challenge, I'll have 2 decent days, thus I horrible. I'm more and more haunted and convicted by photos of animal's eyes: when, if ever, will I eat the card to eating them? I'm fascinated by scale — of biologic time, of the grandeur of space, of humans brains inability to understand it. The year was funded by the largesse of the Spencer's — so much free time, so much great food, a couple memorable trips I'm still resisting anti-anxiety meds, still self medicating at times of boredom with food & orgasms What are my blind spots — would be interesting to ask friends, and would I just rationalize their responses as projection? Living alone would be bad for me — good to have someone in the same house The anxiety of the Fringe/Sapien lifestyle lives in me. Maybe this is a good time each year to call my clothes/possessions Interesting Questions can better than feeling certain in our answers Dec-Feb Hibernation: months more hours, less spending? The brutal experience of time, the expense of the universe, the inability of answers — the simple experience of how we treat each other I've better me at seeing through the illusion of powerful physical attraction What I've learned: Get to bed early, only and break up sedentary/bored inertia w/ movement. You LOVE YOURSELF WHEN YOU ARE

Yvonne FG: B Wednesday, Oct 19 ALN: Talk to 2 w/ women with. About last night Huntington's disease.

Elizabeth Kolbert on the 6 - Sapiens, (cont)

Grasland, reread: The ability to speak about fictional is the most unique feature of Sapien languages. (legends, myths, gods & religion)

The nationalist myths of modern states allow unprecedented ability to cooperate flexibly in HUGE numbers — war, etc. "Large number of strangers can cooperate successfully by believing in common myths."

Desert Island: planet Solon eclipse (joy) It all revolves around telling stories, and convincing people to believe them.

McGill/Sturges: "It's the balance between everything matter & nothing matter that is the beginning of wisdom." Mark 2

Howe, Chestnut Tree by John Lane Art Center Central Park 1853/1858 (oldest/oldest)

1960-1970 huge decline. 12 million white in 1971. 42 million today.

\$65m operating budget City 25% CPC 75%

7:47pm Gehat & Email Tet-a-tet w/ Ray in Election.

HILLARY TRUMP "The Final Battle" Z2 Midnight

188: Was thinking about letters, due to a Copnik quote. This year — one truly thought out letter a day that is light and funny. No perfect ones. Just do it.

Created by Steven the musician to find the mountain — Mayers.

ME Rick White "Eating 4 Sticks"

Sent to Tree Trunk, Haver College.

Bryn Mawr evening Loop + Dinner @ Bertucci's "msh" pasta + Blue)

560 something from Queens.

10:30

Zero memory of this

'Sapiens' by Yuval Harari is a provocative read — not gospel, of course — but wrestling with the big Q's.

I adore Central Park 2005-2013 my era.

8 yrs & two elections later, we have our answer: he will if he wins. He won't if he loses.

See where the search takes you

the phone lines were really kind of a low-key 'maintenance' drug/coping mechanism.



Start of my second journal year:  
Lots of erasures!

October 21-25 (2016)

• drive to NYC aft.

3/ An All-Timer SNL sketch... look it up someday & watch as an example of what made us laugh in 2016.

(Tiff & Taylor loved this skit too)

4/ I remember this for his candor & vulnerability around talking about his past drug addiction.

5/ or will the changes — & things are always changing — be more gradual/unpredictable than catastrophists would have us believe?

6/ An 8 year gap!  
Total unexpected manna from Heaven.

Yw 7ish

1 YR "Presence is for more intimate and rewarding an act than productivity" — Repova

Z2 10pm

Sunday, Oct 23<sup>rd</sup>

SNL: Trump debate, Mr. Pumpkin  
→ GV D.I.D: Steve Coogan  
→ WW Armando Iannucci/Bullseye  
& Bryn Mawr Twilight Loop: NYr Radio Hour + Qdoba Burnito  
ON Tiffany ☹️  
→ Pumpkin baby!  
Pancos-Wynwood  
+ TJ's vita gummies  
Qdoba Burnito  
✓ Listen to Andrew Bird

Yw → 6 (laam) Camryn

"Ice ages are caused by small, periodic changes in the earth's orbit that alter the amount of sunlight hitting different parts of the globe at different times of year." — Kolbert

Little Ice Age 1500-1800?

Superns aren't going to shove off Global Warming. We are going to surge head-long into it. It's too complex for the majority of people to grasp it enough to support climatic policies, & when it does become clear, it will be too late. Lots of coastlines will be lost.

→ GV D.I.D: Scottish/Nagman Poet

→ WW Sarah Jessica Parker/WTF

The Bridge Z2 10ish

by definition history is subjective

Yw 6:45 (after being awake 3am)

A - Chimp smelony

- Swarm of starlings Switz

- Indonesian woman being coral 20x

for being in "close proximity to her boyfriend"

- Harlan family in personal check

- Dark Vador & Chewbacca-urinal

PM edging + talk to Lisa + Falisha

1 YR B-MORE w/ NangH.

30 YRS Buckner error

107 watching w/ Aaron, Dad, Grandpa

(1986)

Monday, Oct 24<sup>th</sup>

In climatic terms, the past ten thousand years (aka, since agricultural revolution) have been exceptionally stable.

Greenland 80% ice sheet

0-8000 years ago (geologically kin to NA)

early missionary → "Give us this day our daily bread."

The climate operates on a time delay" — GULP

"A funny exaggeration"

then (pm) LaToya

ON PBS

w/ M&D Falisha 8:30pm

Who tells the story?

20 16

WORLD SERIES

C vs C

Lester 8pm Kluber

0 - 6

Blowout

The Tribe Strike First

→ Agricultural Rev.

Z2 9:40

Unexpected MoneyGunn Settlement

from 2007/2008 comes in mail: \$531.00

Divorce, cp3 + World Series (first 4 innings)

Yw 7am

1 YR "It takes more courage to examine the dark corners of your own soul than it does for a soldier to fight on a battlefield." — Yeats

NHSL → GV

Mom → WW

Angry, Loud teenagers w/ bites by WV Cyprien

Shaking of her legs.

Her feet lit

the way her legs look when I was fucking her flat on the bed

I was going to be content w/ just touching her she WANTED it.

Z2 something AM!

Yw 7:30am/Starbucks

29/5th

1 YR "Exclamatory notes of pleasure" — great phms-Tony Cross

Turned COLD

International Dinner - Bensalem

Table with Professor, Sherry Anna, Zaid/Zinab

- Chat w/ Anna

loah's phone!

- won gift certificate raffle.

Home by 9:30 TIRED Zzz by 10pm!

Friday, Oct 21, Yr 1AJ

All morning thinking about NYC ideas for me & Ronnell (I'm overbooked this weekend)

1 arriving at 4pm on the

great parking spot at 148/St. Nick

2 pods: HOR music: Paul + Diane (GW Bridge)

easy repore w/ Ronnell / TINY room

the weather turned GORGEOUS

walk → 34th @ Highline the down the length to Midparking, then Pier 51 Playground for sunset over NJ (photography group)

amazing Korean Ramen at Mt. Star Chelsea Market

Whitney Museum - me pushing up behind her (p10 each) avg I back

Bleaker walk / Crepe / Washington Sq / Flat Iron

Back to Paul Hotel & "Baw chicky wow wow"

Saturday, Oct 22, 001 "Day at the Museum"

BRUNCH @ Friedman's

weird comedies - both dinner & breakfast no. \$44.6-

TRAIN → Museum of Natural History

Hordes disembark - \$27 for 30 min shuttle too steep so...

cross Central Park: to the Met! \$7 per

Western paintings by GW/Del

Annex 1 Washburn discussing rooms

Hamilton painting / GREAT lot 5mm! (so happy)

Pancake Coffee street road.

Room Where It Happen Pod w/ John Hodgman

Home by 9:30 TIRED Zzz by 10pm!

I my actual moleskin, I'm erasing her name.

Although this was before we were officially 'a couple'. I don't want Tiff to read this some day - so... erasure.

Spent bulk of the day in NYC, then drove to Bensalem, PA for the WTS International Dinner.

2/ A Russian student from Dad's ESL class

1/ I have hardly thought abt this day & night since, but I guess there is an alternate universe where Ronnell & I could have "worked" instead of what happened. But what DID happen was for the best.

also 30 yrs on from the night Welsh Valley middle schooler Merit Kauffman Kauffman laid down on Argyle Road at night and was run over by an unsuspecting driver. I started at Welsh Valley that next Monday.



October 26-28 (2016)

all days in Bryn Mawr, PA.

With less than 2 weeks until the Presidential election, it's clear I was obsessing over the Trump phenomenon.

No - but that's never stopped anyone.

I wonder if in the past 8 yrs the 'nones' have pulled past 'evangelicals'?

So, so hard to imagine anything of nuanced 'truth' about BCE

everything since, including 99.9% of 'recorded history'

1973 CE ... me

Nobody has solutions - maybe there are none in the way we conceive of the term - but some people are more nuanced and observant in describing its problems, and therein lies the genius of Packer.

NEW PARADIGM

↑ ELITES (Both D & R)

"They share a common interest in the existing global order."

Republican = Business elite. Dem = status elite

Grand: Bank, PO, Fuel, RX

→ GV HOR = 888

→ WW Sam Harris/Andrew Sullivan

✓ "Loser of Two Evils"

Packer "Loyalty to Home"

Sapiens Psychological attachment to a place. Starting w/ agricultural rev.

Gopnik "Loyalty to family"

Monmouthville

Yw 6:48 am

Hm "Nones" - those with no religious affiliation

make up 23% of US - just < 1% of the 25% who consider themselves evangelicals!

Myth estimates

1800 BC Abraham

1560 BC Joseph Egypt

1390 BC Moses

1270 BC Joshua

860 BC David-King

610 BC Isaiah

423 BC First Temple destroyed by Babylonians

Thursday, Oct 27 (CONTINUED)

- Packer (wrt) G: Do we need religious faith to regulate moral conduct in a liberal, secular world? Thinkers like Irving Kristol posited that we do. Others, like Sam Harris - and to a degree me - disagree.

In her proud ignorance, unrestrained narcissism, and contempt for the establishment, Palin was John the Baptist to the coming of Trump."

me: Trump (just as Palin) is someone who is more interested in getting on TV than governing.

What united them was a distrust of distant leaders and institutions. They believed that the game was rigged for the powerful and the connected, and that they and their children were screwed."

Hm Is there any sense in worrying about something I can't influence?

Alice (don't remember a Alice)

worries about this & that & a rabble-a-fat seemed to haunt Bishop.

Friday, Oct 28

- Elizabeth Bishop NYr

"I want now - now that it's not in the world. Which makes history hard."

When we read something, we are seeing how that person is on the page - not in the world. Which makes history hard.

Lawrence Park PANERA + B&N (Lapham's)

Chris Gethard Fresh Air

Tierman 4x Big E Piccinillo 1x Big E

Falisha & Stacy (same time)

Re-Listen! read transcript

Hamilton (Lapham Quarterly)

his distrust of the music, his use of paying script from war at par a a record of

transferring wealth from common citizens to wealthy speculators, assault on small scale whiskey distillers,

his licentiousness w/ women, suited into Boston not NYC

more of a royalist than a republican (possibly owned house slaves)

Yw 5:01 → 4:00.00!

1 YR Day of 3 golf shirts + 100 Ping jacket - Endel

"The non things change (time), the more they stay the same"

Filgrage, walks w/ BS & Sal, phone hijinx

All Right Trolls 4 Trump, Morantz

the loose analogies to Roy are shocking

An informal poll revealed that no one believed in polls."

E.A. LOL

There are interesting Qs to form about how they specify of

space behavior in 2016 tie into to the needs under construct of Sapien

psychological evolution - which by definition hasn't changed much over the past couple millennia.

Bierbart died of failure @ 43

stuff in media, according to Chernobyl

"water journalists crazy, because they used to be in control. They can't control people anymore. Everyone has a voice now."

→ GV Rob Brydon D.I.D

"Paul Simon Slip Slidin' & J. Taylor

→ WW M.I.B / 50 Parker

Falisha

High Maintenance

Yw 6 am

Hm Music, man

How can it be incorporated in a walking tour?

James Taylor

"That's why I'm here"

Irish Tenors

Will you go, Laeticia, go

Everyday

Jack Johnson

"Better Together" Ramin

"Good People"

I Change Mega to Dec 3

II Deposit Check

III Rick n: Packer

Wednesday, Oct 26

Sapiens: The sapien species seems to have an unknown group think which has bent for 10K years

towards #s, rather than simply quality of life.

Companies: \$ in bank As Evolution: # of DNA copies (not human thriving)

SO TRUE: People are unable to fathom the full consequences of their decisions. I know that is true for me.

Risk Aversion - Insurance - Fear - Death

Two hour seems to be enough of

invited doing any one thing:

walking, thinking, reading, meditating

on phone lines, etc.

Holy shit, I'm definitely on my way to becoming a VEGG

& I'm arriving there organically, of my own volition and consciousness

The discrepancy between evolutionary success and individual suffering is perhaps the most important lesson we can draw from the Agricultural Rev

- Hessler, CO Trump rallies

Trump's conspiracy theories & talk of election rigging

is "showing them how to give up without giving in"

(probably convincing himself of some thing IMO)

Card (Handmade Robin Hood's Bay)

to Margaret White

Z 8:45

Thursday, Oct 27

"Slow your roll G - take a couple days off your CC."

election surfing

George Packer: The state of populism / conservatism

"Identity politics breaks down the distinction between an idea

and the person articulating it, so that before speaking one has to ask: Does my identity give me the right to say this?"

This atmosphere makes conversation very hard, and gives a demagogue like Trump the aura of a truth teller. The

"authenticity" that his followers so admire is factually

wrong and morally repulsive. But when people of good

will are afraid to air legitimate arguments the illegitimate

kind gains power." - Packer

Trump punditry took up so much of my political headspace in this era. Less so now even though he is again the R nominee in 2024.

CC = ? central contradiction?

→ wrong again, G.



October 29 — 31 (2016)

"Sapiens" by Yuval Noah HARARI

DEEP, Yuval countries, religions, even intimate relationships.

anchor & wave

This was a wonderful date where we did a TON of bonding — basically at 2 months into dating, which can be a real hinge point.

① Maria Popova, who created Brainpickings (now Marginalian) adds one for each year she's done it.

Zoom in ⊕

Saturday, Oct. 29

Sapiens: "Yet it is an iron rule of history that every imagined hierarchy disavows its fictional origins and claims to be natural & inevitable."

"Like the Aztec conquest of Toluca, white Europeans in America wanted to be seen not just as economically successful, but also as pious, just, and objective." (All imagined notions)

1 YEAR Men have one language, to talk about their hidden needs — and it's called sex. Also, teaching Schule "Being Wrong"

Hard for 1 person to be... Fast Walk Start-Up

Anchor & Wave Random: Explaining Transience to Tiff on 4/16

LONGWOOD W. Tiffany outside lunch pond lapsitting candle kissing yellow fireworks lots of laughing

Sunday, Oct 30

A week off from news & Twitter — Finish Sapiens

epiphany ABSURDITY, imagination — Ursula Le Guin, NYR 10/17/16

Humor seems to be her way of taking the edge off the polemic, as well as an introverted channel of communication. "Behind even the lightest remarks, one is aware of a keen intelligence and a lifetime of thought, held back for the purpose of casual conversation."

① These stars were invented because they provided human guidance & wisdom, and we think they still do today, rather than putting them off as history. "I have no interest in confession. My journey is transformation & invention."

✓ = 3 I want to most focus ON

Yw 6:30am



A WIP



Life isn't fucking fair.

① 10 Brain Pickings

Allow yourself the luxury of changing your mind.

also, say "I don't know" more.

2. Do nothing for status/money alone.

3. Be Generous

4. Build pockets of stillness into your life (& sleep)

5. When people try to define you (don't believe them)

6. Presence is more rewarding than productivity

7. Expect anything worthwhile to take a long time.

8. Seek out people/books/ideas that magnify my spirit

9. Don't be afraid to be an idealist.

10. Don't just resist cynicism — fight it actively.

(different than doubt, which is healthy & balancing)

"Life, like the universe itself, takes no shape — in the absence of growth, decay usurps the order."

☆ Now having journaled for > 1 year, I was starting to highlight "1 year on" moments that I wanted to re-live in memory. That's a British phrase, that — same as our 1 year ago.

Away from the small & stony ground of realism, her imagination began to flourish. "What suits my 'peculiar' talents."

"Consistency is the playground of Dull Minds."

Jewish Cake

& a Yuenling @ Spencers

-Pukis is a pain in the ass

Eagles choke against Cowboys.

Cubs squeak by Indians

22 12am Earlier

WTF/Ron Howard

Byn Mour - Qdoba - Ard Pw of Bunderfuntailing

→ GV Norm (Ancient Merchant single market

→ WW Memory Palace Dinosaur discovery

→ The Poemans

Merchants | Prophets | Conquerors

single truth single empire

The Poemans

Yw 7:45

Monday, Oct 31. ALL HALLOW'S EVE

- The Case Against Democracy, Caleb Carr

"Democracy is other people, and the ignorance of the many"

micro has long galloped the feds, especially the feds who consider themselves intellectual

② Votes Literacy tests in USA weren't permanently outlawed by Congress until 1975.

1 YR Melville had obsession: limits of knowledge & indifference of universe (like me)

Will Leapor, George Washington

③ I'll get you my pretty!

④ [Ni] Vigilante! (par for the course)

⑤ John abductor murders from yesterday

Chris Goethard on his mania:

"But I turned it towards productivity, and I don't know if that's the healthiest ... but it allowed me to get those adrenaline-rich moments in a way that I think has to be a little bit more healthy than some of my past behaviors, so I'll take it. I'll take that trade."

⑥ (me) What happens if I just allow myself to be me → this super curious, intellectual kinkster who loves boyfriend interviews, music, storytelling & masturbation? Would the weight of my interest & honesty be a gravity that attracts others?

"Let this present, small moment, be enough"

William E. Woodward: "Washington possessed the superb self-confidence that comes only to those men whose inner life is faint."

GV was going for imperturbability — which had everything to do with 1700s notions of honor, gentility & manliness.

⑦ RR Leapor's Washington

Essay

⑧ Chewing Gum sp1/2

Divorce sp 4

(gave up on Insecure)

pair this with SNL clips of the GW sketches Nate Bargatze has done.

things that make ya go, 'hmmm'

1/ ONE of my anthems

Again, at scale, everything about the universe boggles the small frames of reference of the human mind.

② Oh my goodness, this really describes me.

imperturbability: not a word I come across much.



November 1-4 (2016)

Lots of deletions needed on this page — goodbye, Ms. Ronnell.

Kinda remember this day, but did we spend the night together? No clue.

**Yw 7:30**  
 Philly Friday Planning:  
 12pm Hershel's Postcard, 1928  
 → Parkway to Art Museum  
 → River Walk (to South Street)  
 → Penn Admissions Bldg  
 → Walnut (to Rittenhouse)  
 Luke's Lobster 5pm  
 ↑ One Liberty View 5:20  
 7:15pm Jinx Franklin Institute  
 Night Music  
 Curtis Center: Nina Simone  
 Graduate Hospital: Tami Terrell  
 Philadelphia International Label "Love Train"  
 Jefferson Hospital: Teddy  
 Budget: \$150.00  
 Yw 6:20am  
 Tidbits of Philly:  
 William Penn statue 37 feet (Wm Penn in France Penn Treaty park in Fricktown)  
 City Hall was tallest habitable bldg in world 1894-1908  
 Tallest in city (by law) until 1987  
 # 21 of favorite structures by architects. (2007)  
 ~700 rooms for 3 branches: mayor/city council/coroner places  
 Luke's Lobster!  
 50 Fin Good  
 -Kissin' about Philly  
 -IMAX "meh"  
 -Walk back (Pizza later)  
 ONE LIBERTY PLACE  
 Thursday, November 3 8:00-10:00  
 → GV Malcolm Gladwell D.I.D.  
 → WW Stephen Colbert Fresh Air  
 moved to tree creek by darts  
 No Pick-up Lincoln in Devon  
 Take out from Penn in 1990s  
 Newt would die one year from this day.  
 McGill Library 1:30-2:30  
 Tammi, Teddy, David Ruffin, Marvin Gaye, Jays, Patti L, Hall & Oates.  
 1 YR Theda dies R.I.P.  
 Pork chops, shrimps, asparagus & mash  
 I, Nephi by Gopnik → The allegoria is to the community, who nurtured you, and is bolstered by the community's history of persecution, which makes you understandably inclined to defend its good name against all unfair.  
 Friday, November 4 when it's got snow:  
 1 YR "Admitting that nothing is certain doesn't mean I can't maintain that something is much more nearly certain than other." — me, asst & Russell  
 WW to Ardmore Train Station → Market St. E (Hox)  
 Cavi Apple Cider → Meet Ronnell at Penn's View  
 Thru Chinatown → Reading Terminal (Hershel's Special!)  
 at lunch counter, then Miller's Twist →  
 City Hall → Passed Carla along way to BF Parkway to Art Museum thru Logan Circle — Up steps overlooking Philly then back down along Schuylkill Banks.  
 Past Franklin Field to University Hall & listening to Philly Music on bench (Teddy, Tammi, Hall & Oates), South Street Bridge (Boyz II Men)  
 Lombard, Broad St. then Rittenhouse Square (watching hawk catch & eat mice)

Wells Fargo 7,775.20  
 Church - 735.61  
 7,039.59  
 C.O.H + 3,840.00  
 \$10,879.59  
 NOV. STATEMENT  
 Micawber  
 TEST  
 flâneur (franchising)  
 one who strolls around aimlessly but enjoyably, observing life and his surroundings.  
 Q: What song represents Hannah Elias to me?  
 Billie? Dionne F?  
 Q: How is the rabbit hole quality of music online like that of porn?  
 What facilitated & engaged him was confidence unswayed at religion faith  
 Look → List  
 W: Game 7!  
 T: F: Ronell, Philly Tarr, Postcard, IMAX  
 S: NYC Mountain, earliest down  
 Hav 2  
 Gettysburg 2 F  
 (Gettysburg 4-2 penalty kick)  
 Men in Blazers pod.  
 Tuesday, November 1 "Days: Political Blackout"  
 -Zadie Smith, Dance Lessons for Writers  
 On the & fence, subtle, b/w Fayard & Harold:  
 "Between propriety & joy, choose joy."  
 Micawber  
 TEST  
 1 YR Faith of Founders  
 Jill Leary  
 1 YR Faith of Founders  
 Jill Leary  
 7:30pm → Acme  
 For Chips & Dip  
 C9 C3  
 Series tied 3-3  
 → Melville (update)  
 Wednesday, Nov 2  
 -Lane on Hackensack Ridge & Loving  
 W: SONNY LISTON - (Rough, Rough Childhood)  
 S: Natya  
 → GV Bill Gates D.I.D.  
 → WW Todd Barry & Amy Ryan (Hollywood)  
 2,000 miles  
 Satellite Gazing  
 @ Australia  
 SEVEN GAME SEVEN  
 "One For the Ages"  
 C8  
 C7  
 10 innings  
 MUP: Zobnist  
 Double mis  
 -Maddox hyper-active pitching strategy  
 -Wild pitch hitting Ross in head.  
 -Failed Safety  
 Squeeze on 3-2 count  
 Cubs win! Cubs win! First in 108 yrs

○ The specificity of this is great.  
 This was a 'flush' time of my

Jon-Christian SUGGS  
 (1940-2016)  
 specialist in history of African Amer. Literature.  
 Introduced me to 'Hannah Elias'  
 1865-1958

Cubs had come back from a 3-1 series deficit



I'm reviewing this almost exactly 8 years later, & Donald is about to face off against

another female Dem. candidate for president. Will the same thing happen again? (10/31/24)

A: Short answer, Trump won, relatively comfortably this time. He also won the popular vote by about 3% & squeaked out a majority with just over 50% of all voters. A major political re-alignment of the parties has taken place, but the country, per usual, is still roughly divided. This is the 3rd straight election where the incumbent party has lost the presidency.

Signal - or just noise? (11/8/24)

I am now 5-4 in presidential voting. (Not too shabby)

# Election Day: Donald v Hillary

Tuesday, Nov. 8 YW 7:45am - La Colombe  
1 YR Sunday Hamilton Walk / Lower Manhattan



2:24-7:15 NHSL 30th St  
Rittenhouse, Locust  
Ezra & David Frum  
Happy Hour STRONGBOW  
3rd & Market  
Terakawa Bismen  
Y Carole (YUM!)  
ABS Viewing Party 8th Fl  
- Becky, Shamalia, Bob,  
Mark, Lee etc.  
BRUCE! JON BON!  
(McBurtly horrific speaker)  
Michelle #1 in crowd  
Running into Endel's aunt &  
uncle on Market St.

weird guy w/ bold faced 'thank' Neut  
for voting.



daughters of their  
parents voting in 1st Presidential  
election @ St. Aloysius.

Left blank in memory  
of what might have been.

Yw 11am Wed, Nov 9 A Day That felt Small:  
NHSL-GV  
NHL Farmer's Market  
Starbucks, WW  
Michael Lin: Black / Shanna Homan  
CofAitrophe. Season 1 eps 3-6  
Street Protests in NY, Chicago  
Students in Berkeley.  
1 YR Alison  
Gopnik  
Quote 2015

We Lost.  
What is there to say?  
Donald J. Trump is  
going to be President.

Maybe this is a lesson that America was  
never really exceptional after all.  
But life goes on. History has no justice.

I was really bummed out by this result.

2024: I was disappointed of course, but I had predicted a Trump win, so I was surprised.  
American public opinion, at scale, is thermostatic - always going back & forth between parties.

November 5 - 9 (2016)

LA COLOMBE  
6th & Market  
BS/Jacks World Series

A Nat Geo contests  
PHOTOS  
- Humpback Whale  
- Osprey w/ Fish in Claws  
- Dog lunging for tennis ball

S 1st min on NE  
Casey - VA/NC  
"The Virgin" looking for the

Yw 6:30  
- slept with blinds  
ajar to let morning  
sunlight in.

1 YR NYC Gopnik - Krista  
Pod along Riverside Park

"The universe is not more than  
14 billion years old." - How  
do we know that?  
S NEWS  
1. Mary Keitany  
(2) Molly Huddle  
C ENVO 3:57:07

Divorce ep 5  
(Seems in car with crappy lawyer & accountant)

The more I know about something,  
the less I realize I know of it - Schwartz on Zach's "Swing Time"  
unfulfilled wish - if that even exists. The struggle to weave disparate threads of experience into  
a coherent story of self.  
1 YR Calle Ocho & Eastville  
Comedy w/ Nikki C.

IMAGE  
G Belleza Negra  
"Six, for them, war power exposed."  
through rape. One side effect of that  
war paranoia: wouldn't black  
rings include rape? Won't they  
want to do that to our women?

Saturday, November 5 "The day before short  
afternoons"  
Abundant: 1/2 way through hydraulic building  
another 4.5b  
tons to go. Our sun is one of 300 billion stars in  
our galaxy. WTF? (Bill Gates Natl:  
90 billion)  
R Sapiens: Capitalism then....  
- Gopnik on Adam Smith, NY 2010 "Man of Markets"  
influenced by older theme, who was legendarily skeptical  
of organized religion.  
hm how much of  
how I feel & what I believe  
is entangled in the  
narratives we constructed?

1 YR James Wood - Understanding is  
not what this life has given us...  
answers can only begot questions, it  
heretofore commands a declaration right of  
birth but of ignorance.

Sunday, November 6  
TCS-NYC 26.2  
MARATHON  
SR  
StartUp

"On Your Mark... STORM"  
DOPPELGANGERS  
WEDNESDAY  
2 Haverford  
1 F&M

"I did not know that!"  
You can only feel motion if your  
FT speed changes.  
Homo Sapiens have been on earth  
only 1/69,000th of the lifespan  
of the universe so far.

Denby (2004 NY) Scottish Enlightenment 1700s  
Hume, Smith, et al  
Past Peak Foliage

Monday, November 7

The Calm before the Storm  
Hm 100 Sugar & Meat  
I could stand to eat better.

...a warning about memory & the distorting tricks it can play with  
the sense of self one takes - or makes - from the past."  
- Love on Arrival movie. Recommends.  
Wesley Morris, NYT on The Black Penis  
This is what's been playing out in our culture all along; a  
curiosity about black sexuality, tempered by both guilt over its  
demonization and a conscious wish to see it degraded. It's as  
old as America, and as old as our movies.

this will never  
not blow my mind

There is some  
deeper psychological  
truth here

of the election



November 10-14 (2016)

aka stop obsessing abt Trump's win

Hot damn, that's  
a lot of phone  
time

lines (phone)

Last day in MoleSkin  
#3

Yw 8am A PHOTOS OF THE WEEK  
Saturday, Nov. 12 Free & Clear Weekend  
- He knew He Was Right (unt), Jan Parker Wim Hof  
"The Industrial Revolution was really a revolution in energy conversion."  
→ GV D.I.D. Alice Walker ("As" Staric) Fresh Air, Lisa Rae → WW  
Final 2 Atlanta: S Falisha Ronell Ns Ice Cream Place reading in a shop - beam  
Haverford 5 F only you (you) as (stone reader) 2 beams 1 (spice) 1 (Waters of March)  
Marmie 1 F (Round of 64) V Nicole (3h30m) Z Lish 1 YR Reading Gopnik

Yw 8am  
When thinking about a place  
Natural Light!  
A DAY LOST TO THE  
s  
"No walk (the beautiful)  
• drive around city line/upper city  
• talk, talk, talk  
• honeygrow  
Sunday, Nov 13  
- Finish Parker's Hitchens piece  
Hm McCorkle "Waters of March" & Wood's winding about Klausgaard in 8.12.2012 NYr.  
"Death and life finally unite, married in their ordinariness"  
A "to whistle with." For humans are merely are form among many, which the world produces over and over again, not only in everything that lives but also in everything that does not live, drawn in sand, stone & water."  
(Me) Been noticing the eyes of non-human sentient beings: the dogs being walked, the sparrows on the table in Philly, etc. It is connecting me to the mystery of life force, consciousness  
Zz 2am  
The NEW YORKER  
Lecture: Parker, Murrow, O'Casey, Toubin, Hessler  
Movie of my Day  
Thought  
Excretion  
Music  
Wandering  
Rest  
The great G that is enlightening  
that I never seem to figure out:  
about the ambiguity of politicians, of academics, of the press.

Yw 730 Monday, Nov. 14 Little Things  
Who knows: what is for the good or for the bad? We play our own mental  
WTF/Shep G. Probabilities but it's all FHR from certain  
Hessler: For an unstable electorate, Trump was the perfect candidate, because he was also a moving target.  
BRASS TACKS: I Can See Consciousness in other sentient beings. Thus, how can I stand by while they are raped, mangled, just to be killed - when I can get my sustenance easily from elsewhere?  
Lepore: Douglass had his blind spots. Everyone does. Mine drive me crazy - just knowing they're there does, Trump was elected to be got something right about the suffering of Americans, about the ambiguity of politicians, of academics, of the press.  
Secular Religions (over)  
- Humanism  
- Growth/Consumerism  
- Equality vs Diversity

Yw 4.45am Thursday, Nov. 10 "Time to move on w/ life"  
- William Finnegan Venezuela: A Failed State  
Vb Rabbit Hole 8-11am NHSL → GV Barber (mild arguing w/ Phil) Country Results: Memphian History 87/10 LA: History 72/23 Delmar 59/37  
Bach Indagyn! → WW Sam Harris/Singer "Morality" FEELING LIKE IT'S TIME (to become Pescatarian)  
Falisha 5k (7/75) HOP  
Catastrophe: s 2 ep 1 & 2 Zz 10th Night FALL 10: sweets  
- Jesus: cunning to big temptation

Yw 5am (in bed till 6) Friday, Nov. 11 DATE NIGHT  
re Trump/Adam/County results to Lehigh Boyz  
Researching Date Night Options w/ Tiffany  
Settle of: Fairmont Plateau, KOP M.O., The Arrival  
Hm I'm not saying "I don't know" enough.  
→ GV D.I.D. Geriatric Dr/Philosopher "Hey Jude"  
→ WW Dan Carlin/Election

Montgomery Ave  
Street from the Belmont Plateau (a place everybody goes but nobody goes to) (see how it works)  
King of Prussia  
Malls Finally Connected!  
Tiffany (b. Aug 19, 1982)  
ARRIVAL  
The Linear Expression of Time  
Liberal Humanism  
What are religions now that the monolithic once on slowly showing themselves insufficient

A Camel-Two, Risa  
Bringing by slings  
What's up camel?  
Tell your mother I said hello

→ never did.

Date w/ Tiffany

Trump was elected because he mirrored something 750% of voters believed about the arrogance of politicians, of academics, and the 'mainstream' press. Still true in 2024, I guess.

I had a bit a psychic guilt/momentum here that I might have spun into vegetarianism, but it didn't take.

Andy S. doing Mark W. on SNL



November 14 (2016)

## Notes on 'Sapiens' book: (cont)

Interestingly, for animists, all 'gods' are local, not universal - nor is there an assumption that the world revolves around, and solely for, human benefit. We have no idea, however, under that BROAD rubric of animism, what specific stories they told, which rituals they kept, what taboos they observed. **THE FLOOD** / The extinction of Australian megafauna was probably the first significant mark Homo Sapiens left on the planet. Sapiens was 1st Homo to reach North America (landmass 16K ya) / Within 2000 years Sapiens spread all the way to the tip of South America / Caribbeans only 7K years ago. **AGRICULTURAL REVOLUTION**: Hunter-gatherers spent their time in more stimulating and varied ways, and were less in danger of starvation & disease. Agricultural lifestyle = ↑ population + subset pampered elites. Author calls it: "History's biggest fraud" - and yet here we are. Key nuance: Agriculture didn't help the individual sapien, but greatly benefited the preponderance of the species numerically. In agricultural societies 1 out of 3 children died before 20 years.

W  
O  
W

"How many college students have taken demanding jobs, vowing that they will work hard to earn money to enable them to retire and pursue their own interests at 35? But by the time they reach that age, they have large mortgages, children to school, houses in the suburbs that necessitate at least two cars per family, and a sense that life is not worth living without good wine and expensive holidays abroad."

First agricultural communities tended to focus on plant cultivation, but gradually a new kind of society emerged in some places, based on the exploitation of animals: pastoralist herders / wild dromedary 16-12 yrs wild, 20-25 vs those raised for meat < 1 yr. **BUILDING PYRAMIDS** 10K BC: 5-8m foragers. 1AD: 1-2m, but 250m farmers. As of 1400AD all human settlement and agriculture sat on roughly 4.25m sq miles (2%) of 80m sq miles of earth's dry land. We don't have a highly evolved instinct for mass cooperation. / Myths were stronger than anyone could imagine. / "Each television commercial is another little legend about how consuming some product or service will make life better." **MEMORY OVERLOAD** 3500-3000 BC Writing appeared to start storing information & figures. By 2500 it was a full script - Cuneiform - and it was being used by kings to issue decrees, for priests to record oracles and citizens to write letters. / Roughly the same time the Egyptians developed hieroglyphics. China 1200 & Central America 1000-1500. **HISTORY HAS NO JUSTICE** / Unfortunately, complex human societies seem to require imagined hierarchies and unjust discrimination - time & time again people are classified into imagined categories (they allow people to know how to "treat" each other without having to become personally acquainted).

1:45-3:45 Rest

DANGER ZONE

Food was a light at the end of a scary tunnel for Shep. Cooking & Entertainings

Letter to Mom & Dad  
- 60 mins / Cooking x 2

Monday, Nov 14 (cont)

→ EV D.I.D. Rory Stewart  
His observations about the remote Afghan villages who were sure they were doing wonderfully. It's all relative, man.  
→ WW (Ode Billy Joe, Baptize me, H takes Two)  
Shep & Mann cont.

Don't be afraid to FAIL. We are all dying anyway!

1 YR Vanessa for Dinner  
@WestWing

CATASTROPHE (2 eps)

Retired, with  
Honors Found  
& used.

Random Thoughts at the end of Journal #3 (July 9 - Nov 14, 2016)

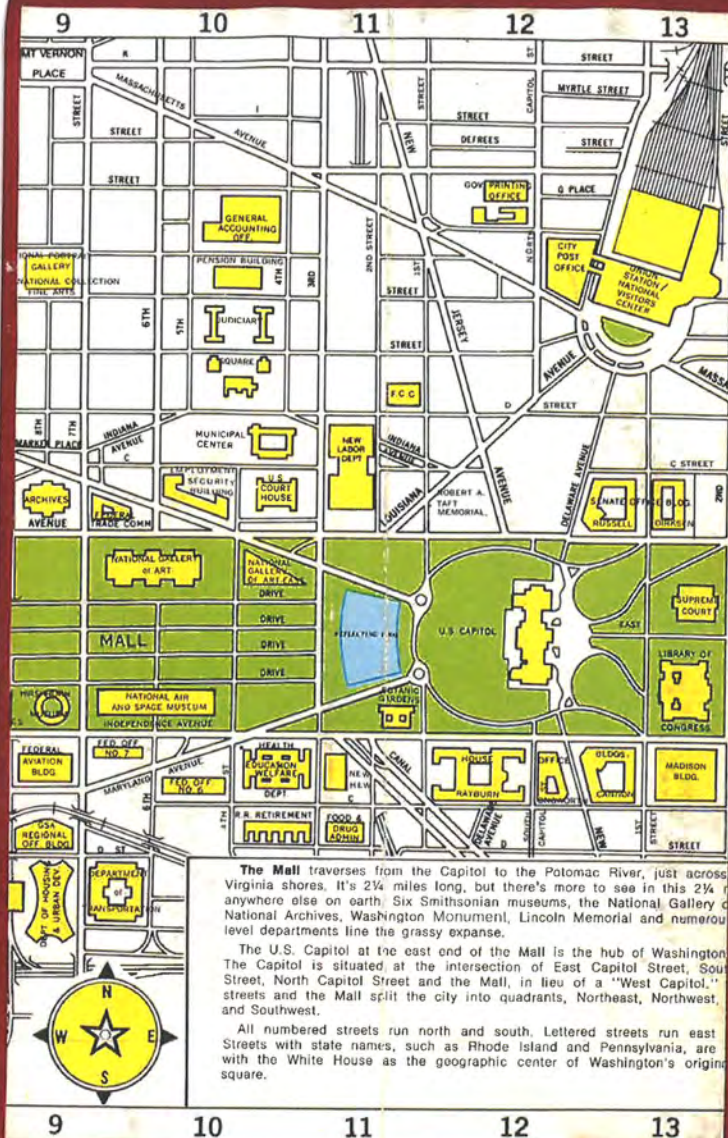
The challenge & opportunity of living in the Present is HUGE. ~ This will always be the journal of (1) The UK walk & (2) Trump's win. ~ In these four months I've made significant movement toward pescatarianism. ~ The book Sapiens blew my mind, Harari gave me a perspective on Sapiens on a different SCALE & synthesis than I'd read before; it helped me see even liberal humanism as a religion. ~ I could not have been more wrong on Trump all along the way. Politics is a form of anger and he harnessed it brilliantly. ~ I met both Rachel and Tiffany this journal → will they still be in my life in mid March? ~ The song waters of march is wonderful. ~ I left Twitter, maybe forever. (or not) My life is my responsibility and Trump being President doesn't have to affect my happiness unless I let it. ~ The Olympic moment I'll never forget: Shaanque diving to beat Felix. ~ The beginning of wanting to move out and get a somewhat traditional job. ~ Podcast award: Desert Island Discs! ~ How quickly it can spiral, and how tempting the Lines still are. ~ Newt getting weaker & weaker. ~ Turning my mind to M&D's 50th. ~ We'll always have Kendal. ~ NEXT JOURNAL: Pacific Walk-planning • Hibernation • 50th anniversary.

\* But I since  
guessed right in  
2020 & 2024.

→ still took  
until 1/2022

Since has become a very popular  
podcaster.  
(who was dead  
wrong about  
the 2024 US  
elections)







November 15, (2016)

→ enjoy

→ accept

still holds true

[Yw] 7am

"Democracy is the worst form of government, except for all the other forms of government that have been tried." - ?

1 YR A wonderful Sunday of poets + a great Ruthie Johnson! WATCH HOUSTON TONIGHT!

Be a copy cat, if that gives me some motivation toward creativity.

Inexact Analogy: Comparing USA to life span

1776-1865 Childhood to 20

1865-1945 20-40

1945-2025 40-60

2-5pm "Feh" EtoP+⊙

Gotta do something about this time period.

⊙ YOUTH

James' Tomlin Tagline

"I'm alive. What a beautiful miracle. I like to sit in silence."

1 YR 'Hopkins' leaving GV

1982 M&D's 1st date.

⊙ Gillian-ALUS ⊙

⊙ → GV

Simmons/Callingworth, bit of WTF

→ WW then Mary/LMM

then Joe & Michael draft

→ Concordance, Penat

Couch Dogs (young)

FW

⊙ Joy (in NYC)

new play @ studios 11/17

Z2 10:30pm

Tuesday, November 15 "It begins again"

⊙ Chappelle monologue SNL (start pushing that boulder up da hill with a smile)

- Back to Wesley Morris on Black Male Sexuality

"The nation's subconscious was forged in a violent mess of fear, fantasy and the forbidden that still affects the most trivial things."

"The difference between fetishization and romance is only that romance really cares what its object wants."

Thought ✓ Jesus Antichrist, Elaine Blair in the New Yorker!

3k Exertion ✓

CONFUSING FORCES

Stability/Reliability vs Desire/Passion

Independence vs Desire for Help/Guide

Equality vs Diversity

LRB.co.uk Family/Community vs Individual/Market

"It saddens me more that America just elected its candidate than that it destroyed the Hillary Clinton project."

→ WW then Simmons/Sal

⊙ Qloba burnin' Teddy Roosevelt

Wednesday, Nov 16 "Paint by numbers Wednesday"

- Chris Kraus Female Antithesis, Elaine Blair NYE

"She has learned to play both parts: the person caught up in her feelings and the ironist who sees them from above. She has become a writer."

"If you want to make people laugh, you really have to fail on your own merits."

"How far truth is always predicated on what you're talking to and what you're trying to achieve with that person."

- Sapient on subjective/objective human happiness

The Buddhist analogy of both pleasure & pain being short-lived and impermanent and unstoppable.

Trying to legit lengthen one or shorten another is as ineffective and trying to hold one wave longer or stop another. Suffering comes from the illusion that this is possible. → Pacific Walk late March

Personal Podcasts

⊙

⊙

⊙

⊙

⊙

⊙

Music

Impermanence

this is kinda smart

\* A country can't have an 'ID' without its avatars getting elected once in a while

A year & a half before her daughter was born & her husband died (both early July, 2018)

① so well demonstrated in my online dating career & the phone calls that often preceded the dates.



✓ 2 out of 3 ain't bad  
eight years later, I am being more creative, but only in a psychologically  
(not financially) remunerative way.



November 20—22 (2016)



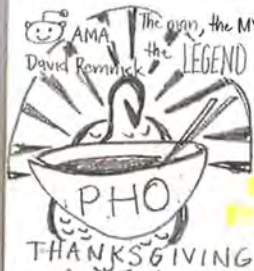
"It perhaps complicates the issue of a woman's life and work that the love she tore herself away from so that she could be free, and free to write, turned out to have been the Muse."

#: "Individualism, her refuge from racism, had lapsed into nearly total isolation."

→ GV: George Forman D.I.D.  
"All You need is Love"

→ WW: + WTF/Shannon

Z2: 8:20pm Yw: 12:30am (Ne) 1-3 Z2: 3am



Tuesday, Nov. 22

TR3BLE  
READING

"We have this weird obsession with the original, as though it were static and immortal, even though we know that, like everything else, it journeys through time." (just like memory)

Don't eat > 8pm!  
Don't call him unless awake in M of night!

Realized that Nightline & Night Ex. were not the same thing. Funny.

1 YR Religion is merely a technology of thought. Like any tech it can be used for noble purposes or for vile ones—and often both. (problem is it leans toward inclining to the only viable technology, and that is breathing)

→ GV (Drove)  
→ WW (Drove)

Pho Street + vino  
+ broken rice + back  
corner booth = catch up w/ Nik nak.

MOONLIGHT

I don't know exactly what a prayer is

I do know how to pay attention, how to fall down into the grass, how to kneel down in the grass, how to be idle and blessed, how to stroll through the fields, which is what I've been doing all day. Tell me, what else should I have done? Doesn't everything die at last, and too soon? Tell me, what is it you plan to do, with your one wild and precious life?

—Mary Oliver

(9/10/35—1/17/19)

83 yo

Yw 5:45

Laying in bed w/ Tiff

♪ Bites chunky brownies

Sunday, Nov. 20th



+ from BAGEL FACTORY

1 YR Ramen Thanksgiving w/ Nikk in WPhilly.  
Pondering: Pleasure in Presence, and the perception of impermanence.

Drop off Tiff @ 10:45am

GV-Hav (Luther & Gregory singing in Lower Fields)

SOFTBALL IN TREE w/ ILLUSION THAT IT WAS A FOUL BALL — BUT w/ A FACE

Get rid of my sense of entitlement

PBS Norman Lear  
"Everybody is responsible for their own happiness."

Nostalgia: Gee, our old LaSalle was great. Me: Dartmouth bookstore w/ Aaron (watching All in Family in Public kitchen)

Still looks forward to his cup of easy morning

Easy, Marion episode "Sofie Girl"

Divorce, HBO 30m on nothing just nothing. "Go Cook Milk"

Laying in bed, amazed at the reality of the various constant speeds of the earth, our solar system, our galaxy that we never feel.

Yw 6:50

- Lane  
- Heller  
- Mander



Monday, Nov 21

"Find the day's worthwhile aspects"

- Lane on "Manchester by the Sea"

- Zara Neale Hurston, C.R. Pierpont 2/17/97

"For anyone who looks at her difficult life straight on it is nearly impossible to get this dunning conjure artist to represent any cause except the freedom to write what she wanted."

Mother died when Zara was 13. Father was charismatic but morally weak. Shunted among mother's relations afterward.

Franz Boas + her mother = Zara's biggest influences.

She wrote "TEWWG" in 7 weeks, in Haiti, in the Fall of '36 to "embalm all the tenderness of my passion for him."

Me: Reminds me of Alice Walker's D.I.D. comment that she is always in love w/ someone.

SqG: No ambition but to live quietly beautiful.

"She buried sorrow and fear like fuel, to keep herself going."

"She made a point of not needing what she could not have."

On James' love w/ Tea Cake. "Her concern is with the frame that won't go out, the making of laughter out of nothing, the rhythm, the INTENSITY of feeling that transcends it all."

Making connections b/w people places, ideas & making adaptations befitting a gathered life.

TEWWG = "Their Eyes Were Watching God"  
Tiff & I daily make laughter out of nothings

1/2 Man in High Castle

Bo Burnham

advice if you can enjoy your life without an audience, do so!

-CHABON "Moonlow" NY blog piece

Found Found throughout the week leading to 6-person meal once a week.

Top 10 TV theme song.

- Remnick on Ralph Ellison - 1994

from 1954-1994 he lived @ 150/Riverside

before that, 453 W. 140th (worked as super market)

- Also Denby 2012 & Nis 2007

Lots to chew on - a complicated Sapiens

extremely good advice!

Norman Lear  
(7/21/22-12/5/23)  
101 years.

"mister, we could use a man like Herbert Hoover again..."

that's a beautiful phrase & it undergirds my "bottom line" project.

CAN BE...  
a set of comforting rituals, it doesn't have to be a set of dogmatic beliefs which require supernatural phenomenon having been true 2,000 yrs ago.



November 23 — 26 (2016)

Had forgotten  
abt seeing Ronnell  
in Fairfield, CT

Then Suzie in Scarsdale

Then home.

The USA tried to take  
him out multiple times  
& failed.

BE  
AS  
PRESENT  
AS  
I  
CAN!

9:30 - 10:45 Simsbury - Fairfield (Chips)  
w/Archie & Kerr  
Breakfast y Captains Cove y Smogdies  
Veggie Omelette  
pancakes.

2:30 - 4:30 Fairfield - Scarsdale  
w/ Paul Simon y light rain y lots of traffic

7:00 - 9:24 Scarsdale - Bryn Mawr  
w/ Paul Simon & Christmas music: Colbert, Whitney, Mariah, et al.

Friday, Nov. 25

Waking up in the DEN,  
the woods gradually  
lightening around me -

W: 6:50 Himalaya Restaurant w/ Suzie  
Chicken Taka  
Chana Saag  
Baba w/ Samosas  
GINGER Tea.

\* 1000 KRONUR  
10 Re-read The Messenger, Oliver  
Which is walking, and being disturbed  
A Black Hole is a concentrated mass so  
dense that not even light can escape.

Saturday, Nov. 26

WE ARE JUST MANAGING REACTIONS THE  
BEST WE CAN



RIP  
Fidel Castro  
(Aug 13, 1926 - Nov. 25, 2016)

Born at the right time, then outlived his time  
A thorn in the empire's feet, and a thorn in  
his own people's free expression.

Yet another - war for a - COMPLICATED life  
that defies easy categorization & binary thinking

BRUCE "I got paid to be as present as I can be  
for every minute I'm out there."

→ GV  
→ WW  
→ Zedie Smith

[N] Wayne Markat  
(Chimney quarells)

[N] Wayne Markat  
(Chimney quarells)

[N] Wayne Markat  
(Chimney quarells)

Philip Roth 1984 Paris Review Interview  
"A character and his predicament is what I have to  
start with."

"I often have to write 100 pages or so before there  
is a paragraph that's alive."

"The idea is to perceive your invention as a reality  
that can be understood as a dream."

"Everybody is full of cracks and fissures, but  
usually we see people trying very hard to hide  
the places they are split. Most people desperately  
want to heal their lesions, and keep trying to."

"Making fake biography, false history, constructing  
a half-imaginary existence out of the actual dream  
of my life is my life."

"It's amazing what lies people can sustain behind  
the masks of their real faces."

"Literature isn't a moral beauty contest. Its power  
arises from the authority and audacity with which  
the impersonation is pulled off; the belief it  
inspires is what counts."

LIFE IS LONG & ART IS SHORTER  
It's all about how skillfully I collapse one into the other.

Chips + Kivi Strawberry + Whatcha want  
+ Tuna Sandwich + Cereal

W: 9:30

W: 9:30

W: 9:30

W: 9:30

W: 9:30

W: 6:45am  
→ GV  
→ WW  
Men in Blazers felt so good  
(RIP David)

1 Talk to Dad  
w/ Escrow Idea

2 Nail down  
June 17/24 date

3 Christmas Carol  
Julia & Robert

4 Flood Walking idea  
to Noah, Mary & Ivan

10 Dad & I Gynned Trail

Thinking about  
M&D's 50th

Zz: 11:30

W: 6:00am

HOR/ Paul Simon CDs -

1 YR "The Master says it's a glorious thing to die  
for the Faith and Dad says it's a glorious thing  
to die for Ireland and I wonder if there is anyone  
in the world who would like us to live." - McGuff.

A bit of meat, not much. Lions > Vikings  
Cowboys > Deadskins

Did not need it.

Asking Dad to estimate speeds:  
~ 1k mph Earth's rotation  
~ 70k Earth's Orbit  
~ 500k Solar System's orbit  
> 1 million Milky Way's orbit

GALACTIC YEAR =  
22.5 million years

Zz: 10:30 The Magic #

Zz: 10:30 The Magic #

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Zz: 10:30 The Magic #

Wednesday, Nov. 23 Thankful for Routines & Rituals.  
Pierpont on Roth (cont.)  
w/nd that I have never read a Roth or a Bellow  
Belknap in old age. "Saul could be repetitive, and a lot of people  
thought it wasn't worth it anymore." Ah, Newton, when will you  
be "saved by Death" - to use a Rothian phrase?

Sg: "the sensuous apprehension of whatever's near at hand."  
Uptake & Roth: they are united in having spent a lifetime  
possessed by America.

"Life, in all its shameless impurity, confounded America."

Which will I respond to most? Or will it be a Paul Simon/J Taylor?

Abt Dubya 2004, but also, by extension, abt Trump 2016:

"It's amazing how much punishment we can take - it's a flexible  
instrument we've invented."

Boardman: Szchuan Province.  
Ugh. The callousness w/ which  
they eat animals.

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

me = holier than thou

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me = holier than thou

me = holier than thou

Ultimately, I'm  
more united with  
Uptake due to my  
latent Protestantism  
than to Roth.

Bryn Mawr to  
Simsbury =  
3hr 45 min w/  
Zero traffic.

PEOPLE { BREAK

-Lying in bed, under the rainbow  
ceiling fan w/ helmets on the bulb,  
reading NYRB article about the  
nature of consciousness.

Pitch on FOX (Canadian lead: Kylie Bunbury)

This is a core memory for some reason.

This is a core memory for some reason.

This is a core memory for some reason.



November 27-29 (2016)



Personal History Nood! Monday, Nov. 28

Almodóvar adaptation of *Mimi*!! (from *Runaway*)

Q: What does the narrative form conceal?

complicated story as *ENJOYABLE* to most than "easy, straight-forward"

To *ENJOYABLE* Matt (Unpublished) narrative, *bandhouse*

• Anne Foster

• Keli

→ GV Goodman & Axelrod

→ Magill J. "Days like this"

• Philadelphia: A Brief History

Roger Simon (Lehigh)

• Isaacson BIO of Ben Franklin

6-9

• 3am Gulp! First, woman from Richmond, then Terry from Pittsburgh.

• 7:10am "Lost of sleep Hangover"

• 7:30 - 8:45 W.W.

• Dropped off @ Spencers. @ 9

• Tene leaves at 10:30

• KOP--Food Court

• Rain!

• Rosalie/Waverly (New) -

• NAPPAGE 2-5pm Cook

• 7:30 - 9pm @ Ben Franklin

• @ Divorce, ep 8 "Robert goes to church"

- A Head State, Andrew Lee 6/30/08

FRANK FURNESS (1839-1912)

"Never heard of him"

• 1870s became his mistress ran of profitable

• 1870s became his mistress ran of profitable

• 1870s became his mistress ran of profitable

• 1870s became his mistress ran of profitable

• 1870s became his mistress ran of profitable

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About Last Night:

pondering star formation

24,000 light years away, but still in our same galaxy.

super novae / black holes

so much that eludes understanding - so vast the scale of the universe.

• (Hm) Memories from UK

• a few months on.

• Print above Keld on gray day

• Sun broke out after seeing dad

by barn and continuing to ledge

• overlooking Keld - going into - putting

• How hard she pushed today looked

Kids everywhere.

• That was 7/23, 4 months back

• In Nov 2004, I was 30k in debt,

by Nov 2007 I was paid off.

• In Nov 2016 I was out of debt

of such clarity in my phone notes

of wanting to make my own living

giving walking tours.

• By 2019 (Nov) I will have reached

that goal of a profit of greater than

12K a year.

• Approach it like Roth approaches a novel

• 18 Cedar Warnings in

Hav. College Batcher

• 18 Cedar Warnings in

Hav. College Batcher

Sunday, Nov. 27

- Roth interview (cont.)

Re: England "Nothing drives me crazy here, and a writer

has to be driven crazy to help him to see. A writer needs his

poison. The antidote to his poison is often a book."

"My hero has to be in a state of vivid transformation or

radical displacement."

"In an enormous commercial society that demands complete

freedom of expression, the culture is a mess."

• comments of Reagan that also predict the Trump phenomenon.

"What I want is to possess my readers while they are reading

the book" - much like Springsteen in concert.

• GV Hugh Nasekela D.L.D. (Louis Armstrong)

• WW + Big Kev Homecoming + Stranger (arch)

• 1682-1782 1st Century research (of Philadelphia)

Penn. Franklin: A city taking shape from nothing

and the revolutionary spirit taking hold.

• HOW MYTH BECOMES ACCEPTED TRUTH WHEN

the original context and nuance isn't available to the

common reader/listener.

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Penn. Franklin: A city taking shape from nothing

and the revolutionary spirit taking hold.

→ no Roth novel has possessed me (yet)

100% Amer

→ fast forward to 2019 & I did not achieve this.

didn't happen (was just theorized)

also didn't happen.



8 years later - hasn't caught on

November 30 - December 2 (2016)

Yw 8:15

Edmund Bacon  
(1910-2005)  
Father Town House  
• Ed Dir Phila City Planning  
1949-1970  
West Philly/Swatholmon/cornell  
LOVE park / mid-century natural  
(Robert Mauer)

PENN CENTER (formerly BGS)  
MARKET EAST  
PENN'S LANDING  
SOCIETY HILL  
INDEPENDENCE PARK

1960 Comprehensive Plan ? / 1968 Center City Plan  
CC Commuter Connection 1978-1984

Others:  
Santitas Enchiladas  
Mathias Baldwin  
MY ARCHITECT - doc x. Gears Kabin  
UNDERSTANDING CITIES documentary  
ART OF THE STEAL

"It will be a tragedy long remembered"  
but it's worth it?

MAY  
On Liberty  
MOUSE  
185

W N NYC  
S E  
House of Ben  
Ruth Simon Collection  
Diane Bach (Sext II)

Wb Plane landing due West right over  
the car in Newark !! park 151st

N Guyer's w/ Ray  
He picks the most boring spots,  
then as live and to sleep

Thursday, Dec 1 "Good day... sunshine"  
Simmons & Gladwell email exchange: NFL concessions

Wow! Philly has its own elevated park concept trying to blossom  
(a thousand times yes!) - The Rail Park



Spotlight w/ Dad / Be childlike in exploration & willingness to fail  
Cotes: "The dream survives of generalization, on limiting the number of Q's, on privileging immediate answers."

opposite end of  
gentleman's agreement  
Willard Park One Liberty

December Reconciliation: WF 7,422.02  
Owed - 719.12  
+ 7202.90  
CASH 3,520.00

Bertucci's  
- Salad + Scampi Nov (-157) \$10,722.90

Franklin, Chap 5

The Hard Problem  
still processing what I think  
Polioing w/ Nicole

- Deep dive on Barnes  
Museum move.

From "The Office" (UK)

Friday, Dec 2 "Sammy, you old slag, it's the President's  
General."

Me Can't get comfy in this chair, G. gotta get  
up and get that run on. I slacked yesterday!

Cement → 143rd → Riverside Dr.

162nd → Ft Washington (past HOR)

to 181st → Ft to Ft Bennett park

HIGHEST NATURAL SPOT ON THE ISLAND  
Le Chéne w/ Cece [Solomon Burrito]  
then her place little, mule, few laughs

She looked good - rested - but we still always want  
things to be a little better than they are. ©Paul Simon

(A) → (B) → 110th and 105/Columbus  
Saigette w/ Suzie [Lennon brass Park Behn Wi]

NYT Video: Brazilian Soccer Wednesday, Nov. 30 another gray and rainy day

Team - CHILLS  
6 out of 77 survived  
(1 in 13)

Chapcoenses  
"I don't want to be a closet  
parent's consolation."

"The self was viewed with suspicion, as if it were a mob  
of appetites and hedonism."

MANIRA The city is  
full of connections. The  
joy - on the jazz - of the  
individualized town is how  
effective you make these  
connections for each group.

of LIFE:  
Sorrow of Commiseration  
Harvest Museum Audio Tour  
NY, Shorts & Murders

→ Haqill / GV  
Klein / Jos Andrus  
→ WW

J. Andrus (cont) Tison There is room for disruption in the Walking Tour Centre  
2-4 window (R) Franklin (R) Simon, Phila History Chapter 1

#Carben Karjakin Chess Championship  
- Lepore on Rise of American Democracy

"Schlesinger argued that the rise of American democracy in  
the time of Jackson was the result of class struggle in an industrializing society."

Always ↔ btw Political Leadership & social movements

Sleep 7-9:30 (Uh-oh) Up LATE, creepin S Timika 2-3 Food Binger

often one, then the other

partner: Nate D.?  
• core rage  
• 10-minute scripts  
• walking tour  
• written with directions  
• 3 choices  
• for walking  
• MUSIC. SEX. FOOD. CRIME.  
• DRINK

I feel the same  
way about my  
mom... when the  
time comes ...  
BUT, I also think,  
if they really  
believe in a richer  
'life' after death,  
why fear death at  
all?

people  
unabashedly love  
my mom, too  
because she is a  
very giving person,  
always wanting to  
help out.

The Office (UK) - just  
12 episodes and a long  
Christmas special - is  
on my Mt. Rushmore  
of TV Series All time!

Drove to NYC →

Saw 1) Cece  
2) Suzanne  
3) Ray  
Very social day +  
plenty o' walking



December #3-5 (2016)

BIG VISIT

Walked all the way up West Side, then drove home & still got there (Bryn Mawr) by 10:25 am

① and less expensive!

Slip Sliding Away

Sunday, Dec 4  
Yw: 7am 79/Broad Starbucks  
② to 96th; Broadway - 110 - Morningside - Convent - 150th

Get to WW at 10:25am (AAZ approved)

→ GV  
D.L.D. Gossy, Gossy (playful)  
→ WW/Magill  
+ 3 balls + Maron/Barnford (old)  
@Keanu



1 YR "To be modern is to let imagination & invention do a lot of the work once done by tradition & ritual." - Gopinik

& Lahiri: What are we searching for when we encounter art: something that alters us, that we weren't aware of before. We seek transformations.

Random fact:

Gore won 2000 popular vote by 500k

Hillary looks like 2016 popular vote winner by 2.5 million

Sunday, Dec 4

Joe & Mike

Xmas + Hawk above car PA temple  
Last Christmas: Mariah, etc  
USA: out-of-control live/night  
Gossy, then NL, the Quest: then  
woman w/ tons of energy from Bronx  
FOOD BINGE w/ Divorce HAWK! PIE!  
(aka - the usual)

Monday, Dec 5

① This life would be so much more efficient for me if I didn't waste an audience for my opinions

- After the Islamic State, R. Wright

→ GV  
Maron/Dana Carvey  
→ Magill - WW (cont)

N/ Nudy's And more  
Each day I can see him mentally slipping away.

P Jeff Welle  
re-NYC

R History Phila, Simon (cont) & Birch's Views

The Outline

3Qs: Power (who has it, who wants it, Culture (the way we live & communicate), Future (what are we going to do not

Omelettes & talk of Scholastic

@ British Office

Zz: 9:30 - 700

Yw 7 Starbucks 75/Broad  
"Guy half snoring half clearing nostrils"  
& sun blistering ornate building/old motel

Hm Mixed Architectural  
Style is what makes the city beautiful. Homogeneity would be stupefyingly boring  
"Darwin disenchanting believers in heaven but he re-enchanted lovers of earth; he thought he had found the secret of life, but he knew that nothing could solve the problems of living, that takes all the time he has."

Religion can be used as a practice, not a dogma [Franklin]  
I practice doubt as I am drawn to faith

Dad practices faith but is drawn by doubt

"Shell Steak" aka Prime Sirloin

@ Sparks

- Harmed movies & bartender

- Spencer's answer when I asked if he was "content"

Me: actively disbelieve your own negative stories

\* Btw 5-6 talked to Melinda (Queen) posing as a sugar daddy type. Thought about meeting her after Sparks but then thought better of it.

got to erase this whole TP in the actual journal. LOL

Saturday, Dec 3, New York State of Mind

Central Park, fountain (dogs off leash) to 79/5, past the Met, up to Reservoir (Polos), counter-clockwise, "As" by Steve, idea to ask Amy F to help editing, behind tennis courts, over to Pond then opposite way around and up to my favorite rock - 2 glorious cantilevered in trees - testing Gossy & Tenell songs - down to F.D. ends and up to Morningside Drive. Start Post Draft of things they don't like that most people do. Think about plugging format w/ Ray, traditional look up George Carlin way, rant about Convertibles on Amsterdam, out to Convent on 133, thru CCNY to 140 (R. Ellison) to Cafe One [cashier, grapefruit juice] up to 145 then mimicking my old man along bridge to Riverside Park.

Gopinik & Tippet, undated

BLISS

(5700)  
Many interesting answers can be reached not perspectives explored, but no scientific consensus available.

Broadway - 59th St - Park - 57th - 3rd STARBUCKS TEA

(AFTER DINNER) GRAND CENTRAL - 42nd - 5th

to 32nd - thru Koreatown - pick up Dessert

then to Penn Station ② 72nd Street

(Women on 2 Train w/ multiple kids, anger, frustration, exhaustion)

→ first full re-listen... I now re-listen every year.

A day of many thousands of steps = JOY



# December 6-7 (2016)

Will all be 10 years gone this year (2025)

Yw: 4:20

1 YR Brad passed away  
I remember the feeling  
of being in the living room, alone,  
after talking to Anita. Shaved.

2016 losses: John, Brad, Bill & Tina

John's acceptance that he was dying, and the grace with which he was able to bear the discomfort was staggering in retrospect.

Phil's racial history  
3 stories  
- Cato: 1944 strike. More?

Have found w/ Ronnell

Luna & FF Change

Brandywine River Museum

N.C. & Andrew & Janice Wyeth  
1952-1957-19  
1945-2007

"In October 1945 N.C. and his grandchild and name sake, just 4 years old, had their car stall on railroad tracks near their home and they were hit by a train  
WTF?!

did N.C. have an affair w/ his daughter-in-law?

Turtles: Happy Together  
4 M&B Montage

This came to fruition  
& is uploaded onto YouTube.

"Happy Together"

Username: @beyondrightwrong3412

Wednesday, Dec 7 Almost purple day in morning clouds.

"...because ultimately a story about the human spirit and the incredible tenacity, about why human beings choose to devote their entire lives to pursuits strewn with unimaginable obstacles and bedeviled by frequent failure, uncertain rewards and meager public recognition."

2015 - The gravitational wave was recorded from a collision two black holes made more than a billion years ago - & more than a billion light years away.

- Wood on Garner (Austria)  
"To insist on an abuse of institutional power, Garner suggests, nullifies the fact that all relationships contain asymmetries of power, and there are gradations of offense."

"That quick spirit (that won't be subdued by habit or by law) is the free devil, the human surplus (consciousness?) that she tries to capture in all her best work."

Q: Does "authenticity" in narrative proceed from a dangerous honesty that is not always conscious but, rather, half disclosed, imperfectly disclosed?

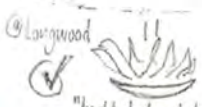
And in the end, however, statement of all the 2017 WC QT  
Andrew did have relation w/ Helen a 10K

survive, it's incoherent in that  
Wyeth was profoundly troubled, chosen  
a young boy who organized over being  
persecuted as a new illustration...

he longed to be accepted as an easel  
by late in painter.  
life

HOTERS

- wings & things



Night w/ Ronnell

(would have one more, on NYE)

...wait, maybe 1 after that: CFB Nat'l Championship

Yw: 6:20 \$ 4.00.00

Tuesday, Dec 6

(only let 2 down since 1800)

(RF) Andrea Doria sinking July 25, 1956; near Nantucket, MA (hit mine) 1,600 saved; 46 died  
Genoa - (9 days) New York

Stacy Linda Morgan was thrown from her car on AD into the deck of the Stockholm with only minor injuries and disoriented only later!

Dec key schedule  
12/17/24/31

(M) Rocky: 1976 mag-to-mag  
I quietly pervasive message that anyone can make it in American hard work.

Based loosely on Chuck Diaper, who wasn't Italian and wasn't from Philadelphia, who almost won 15 rounds of Ali in October 1975.

"Bayonne Bleeder" w/ 36 A:33  
early career he was KO'd by Foreman in 3 and later in 10

Wepner Guerin 35-14-2  
KO'd by Ali w/ 19 sec left in 15th Rd.

He was "charitable"  
Ali fought him 100k

works in Liquor industry now.  
stallions and Wepner collect for charity last year in 2006 - 30k

after the blow

Rocky II simulation:  
Rocky's fight against Hulk Hogan mirrored Wepner's against Andre the Giant. "Thrown out of the ring" Wepner was never such - just a journeyman.

Betsy Ross / Key B. Kirk / Rocky

- In 1951, Joe Clark's election as mayor ended 67-period of uninterrupted Republican control of city government (1884-1951). He and Richardson Dilworth, who served after Clark from 1956-1962, both used Francis Bacon as Executive Director of City Planning Commission

Bernard Samuel (W.H.U.H.)  
Phila Mayor 1941-1951 Last Republican

TIFFANY City Hall (32)  
AUG 1944 Philadelphia Transit Strike  
Aug 1-5, 1944 "Sit out" by white workers at annual three day.

On Aug 1, after prolonged pressure by Federal Gov., 8 black trainees went to make their first run as motormen for PTC. PRTSU Union would not be persuaded.

Major General Philip Hayes, put in charge by Sec. of War Stimson, finally threatened striking workers that if they didn't return on Aug 7 they would be fired, their dependents rounded and denied job availability certificates for remainder of the war. It worked.

Mayor closed all alcohol-selling establishments! to prevent drunken crowds. City deployed its FULL police force.

start Aug 1 1:45pm  
Aug 3 5:00pm  
Aug 5 5:00pm  
Aug 7 (Mon) all returned

Major Samuel ran as quickly supportive of strikers.  
→ GV → Magill  
Crimtown

24 strikers ultimately dropped by PTC, 6 drafted into military

Rocky: Oral History  
- budget so low that had non-union crew (from NYC) and eventually "forced out" of Philly  
- use of steadycam crucial

Then & Now Photos of Philly

Manchester by the SEA @ Bay Minor  
could not, for at least 20 years, think of when I had seen the movie who played the stranger's ex-wife's mother. There... Boardwalk Empire!

Zz: 9pm

the comparisons

Kevin Bacon's dad

Mrs Spencer would have only 1 more birthday. She died late Jan 2018. (94 yrs old)

A theme: I'm my best self if I got to sleep between 9-10pm



Should be my mantra every day but... I'm wired to hurry.

December 8-10 (2016)

one & only time I've done it

Yr: 5:44am A perfect 8

1 Yr Mulling Uncertainty  
& questioning the  
story I tell myself.

Have a cup of tea @ Starbucks  
and send some F4 friends.

What a weird way to lose  
the Cold War.

-re: Russian election hacking

What are the 3 stark changes  
to Boston City landscape since 1900?

1/ Broad Street Station & Chinese Wall  
taken down and Market St corridor opened up

2/ Parkway stretch from CH to Museum

3/ Independence National Park lot 50's  
(looks so different)

about, that form, a  
day with a mix of clouds  
& sun is my favorite.

What is your purpose in life?

Update: To give praise

Goal: To take notice of life as it is  
and extend to it my love & appreciation

One thing I love  
HOR  
5k

Equary Street  
Gervais & Zadie's  
brother Ben aka  
Dix Brown

→ GV  
Simmons/House/Dad

→ Magill → Home

dead myning  
NYC Radio Hour

Simon's Philly History

The Republican Machine 1860-1951

90 fucking years!

Saturday, Dec 10

"The No Reason to Hurry Day"

Postscript John Glenn: "The most perfect factor in Bay of Pigs is a  
union of boy scouts."

Enrica deems from Italian colonialism. Italy lost it to Britain. Till  
then Britain turned it over to the UN. The UN, led by  
Haile Selassie, allowed Ethiopia to be an autonomous region under  
the Ethiopian crown. Ghera's war started in the mountains  
near borders in the early 60s. In 1991, Eritrea (after losing 65k  
to combat and 200k more to famine/ethnicity) had won

fighting lined up again. A couple of years & 19k more died.

Afewerki is their Mugabe. Ethiopia is his universal legacy.

radio in NYRB: "On Optimism & Despair"

"He's true that my novels were once summer places and now the  
clouds have rolled in. Part of this I chalk up simply to the experience  
of middle age."

-Amen

THERE IS NO PERFECTIBILITY IN HUMAN AFFAIRS.

In this world there is only incremental progress (which I have found to be  
true in my own small scale)

"He was, I now realize, one of the least ideological people I have  
ever met; everything that happened to him he took as a particular  
case, unable or unwilling to generalize from it."

"My business, such as it is, concerns the intimate lives of people."

"If novelists know anything, it's that individual citizens are  
internally plural; they have within them a full range of  
behavioral possibilities." (who is doing the conducting?)

Drive w/ Holmes  
down City Line then to  
Scripps for hot chocolate

W+ Cute girl at register  
with the framed glasses.

A Very Murray Christmas

Agul well on second viewing

Zz: 4:30-6:00 & 10:00-5:00

SAT 10 Nana Dot Grandpop > bdays

continues to age well. Watched it again 2024.

Love this quote from Zadie — so spot on.

COUPLES 2 MASSAGE

Newtown Square: Wendy & Ayanna

Parera Andromeda

My girl wasn't then

(About crying in car after)

\* He sent this  
room, I've walked  
these floors

& Annette

NEW Tampa

Zz: 1ish

Thursday, Dec 8

ABN BUMP

GRIND

@ HOTEL

"Hallelujah"

"Didn't my Lord  
deliver Daniel?"

In his  
Cafe-O

Magill

WW D, S, M: All about Porn

Haverford & Bryn Mawr Chamber Choir Concert

'High Hill' @ Founder's Hall

Friday, Dec 9

HOT CHOCOLATE PLANNING

City Hall Market

May's Bright Show

Lake's Lobster

One Liberty Observations

He had the  
right stuff to  
get mispace.

Yr: 8am

HOR

L.N.F.S.G

5k

Merron Cricket w/ MA, Libby and  
Doc & Wami

Talula's Cafe - Wash Dc

Magpie's - 17th South

Drive to Golf View → Pickup Tiffany in Upper Darby → Ludington Library

Hot Chocolate Bryn Mawr & Wayne (Sun STREAMING in the windmill listening to O Holy Night)

Bird's View of Philadelphia

Back to W.W. ostensibly to watch Love Actually... but you know, that wasn't gonna happen

Born Chinky Wow Wow for a couple of hours. (2nd time / Tiff)

Old CD: Signees Hills Regina Belle Tavis Campbell Lovell

Ed. 1998 1998 If I Could Eric Rick Casanova

→ the pleasures of not knowing what will play next, but knowing you own it.

AS: How I Feel Once Go on Ahead and Go Home

WASPECTS: MANY

Zz: 9:44pm

A roll call of the musical names that defined my teens & early 20s tastes

Hearing them  
sing Leonard  
Cohen's  
Hallelujah w/  
that\* line while  
sitting next to  
Dad who had  
seen this room  
& walked this  
floor as an  
undergrad —  
Next Level  
Serendipity.

A great date  
w/ Tiff  
'Hot Chocolate'  
crawl...  
then sex.

Middle age =  
nostalgia creeps in +  
familiarity with creeping  
acceptance of mortality  
as one's parents die  
& I'm next.

I should write  
this on a chalkboard  
100x



December 11—14 (2016)

\* Wow—what a perceptive question!

Yw: 5am (10 hours!)

Tuesday, Dec 13



Fishtown coffee  
Le Colombe  
(Front - River; York to Laurel)

1 YR Bill Evans R.I.P.  
"Never Forgotten"  
& a deep dive into  
the scale of George's time  
and the vastness of space

the Liberty Bell to the  
control myth of Philly  
history & self-story of  
The key & the kite.  
Betsey Ross Flag  
Rucky.

Smooth black  
button

7GV  
Tern & Billy Eichner  
→ Magill, WW  
Tern & Carrie Fisher

Roger Simon looks  
- email him and go over notes!

- Viola Davis profile, NYr  
"The average, struggling, non-  
morbid Negro is the best kept  
secret in America." - Zora (1950)

1 of 24 out of 1,000 admitted  
to Julliard in fall of 1988

She was in (LA Prod?) of  
Lynn Nohages Intimate Apparel which  
I saw at the Tower in summer of 04

"My gift is exposing. Exposing mess - the humanity, the  
vulnerability of what it means to be human. At the end  
of the day, most people gonna put on a mask. Only in acting  
do people literally take it off, and it's embraced, celebrated."

Family, by D. Guina, emailed by J. Jones

- Ta-Nehisi on Obama "My President was Black"

Long, but worth it. Complex. Nuanced. Ultimately sad, but realistic.

Biga + Office Christmas w/ Dad

7z: 9:15

The murder of Jason Sweeney  
in Fishtown 2003

NES - watch Happy Valley 2-  
Note 21 finish 1 Mississippi  
Hearby? Americans?

Year I started HS  
1 Mount  
HUAL  
5K

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Wednesday, Dec 14

RIP ALAN THICKE 69yrs

"Then are three tenses or times:  
the present of past things, the  
present of present things, and the present of future things."

"To consider the Present is to glimpse the soul."

I ♥ that 5K experience in Philly that do that

As good a definition of consciousness as I've read:

"A lasting awareness of one's self moving in a sea of selves, dependent  
yet alone, or a deep and common wish that "I" somehow belong to "we"  
and that "we" belong to something even larger and less comprehensible;

and the recurring thought, so easy to brush aside in the daily effort to  
get through our to-do lists, that our time matters precisely because it exists."

William James had trouble falling asleep - used chloroform at times (like  
Michael Jackson & Prince)

BASTARDS OF THE PARTY

- Grilled Cheese & Tomato  
- NBD to Academy of Music

- 5 Jack  
- Rendell book

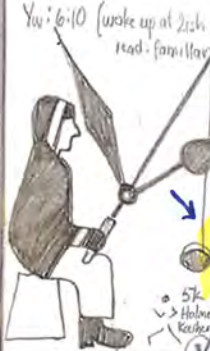
Geography: As of 2010 Census, Kensington was 37% Hispanic, 37% white, 15% black, 6% Asian

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THE  
SECRET  
LIFE  
OF TIME

by Alan Burdick

5K  
Huber  
Kaiser

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the  
Presence  
of  
EVERYTHING

I hadn't read that  
in years & damn if  
it doesn't strike a  
chord of wisdom!

Yw: 4:40am!

Sunday, Dec 11

Miv. Abing 5K  
→ Ira & M.I.B

"To Love without knowing  
how to Love wounds the  
person we Love" - Thich Nhat Hanh

\* Are romantic relationships the  
"fragile necessity of life?" - Willa  
Cather

1 YR I watched ALL of  
Transparent season 2  
in 24 hours.



Weird Black Hole  
Type of Day [Didn't leave  
house after gym]

Irwin Gopnik had  
married Myra G's  
mother, thus leaving  
their original spouses mad about 1958.

Historical Photos of Philadelphia

Random: Quince Market Stadium - City Hall (2.85)

Citizens Bank Park - City Hall (2.08) almost exactly a  
5K

Q: Why am I so willing to trust the intelligence  
community now - when I was so willing to be skeptical  
in 2002/3 when it said Iraq had weapons of mass des.?

Nigerian Church collapse at ceremony  
to ordain founder Akan Weeks - 160 dead IBI 18.18  
So many injuries & tragedies here.

Line Creepin' 8:30-12:30

Eatin' Napin'; Readin'

Gopnik Family Research  
4105 Locust in the '60s.

Would love to use it w/ Adam in Philly.

Monday, Dec 12

Lane on Julietta

"Almodovar... latches on to the idea of personal history as a  
puzzle that refuses to be solved."

"Only as the years slip by does she understand the lesson that the  
past - her own ancient tragedy - has taught her. No family is  
complete without a curse."

South Myers profile: Vulture

A breakdown of how A Closer Look comes together.

Epicurus (AD 55-)

"Some things are in our control and others not."

"Of course, fear and desire are unavoidable. Everyone  
feels those flashes of dread or anticipation. Being a Stoic  
means interrogating those flashes: asking whether they apply to  
things out of your control and, if they do, being ready with the  
reaction. Then it's none of my concern."

It is not events that disturb people, it is their  
judgments concerning them.

So, decide to be imperfect, rewrite  
yourself to that, and go ahead. That's  
"joyful participation in the sorrows of the world."

→ GV Summitown

→ WW end of Reply All  
Then Simonian/Sc 1

CARD 4 Julie & Robert  
@ Ludington  
7z: 7pm!!



Leave  
- Als  
- Goodwell  
- Omas

Top 5 Most Corrupt Countries

1. Somalia & N. Korea (tied)

2. Afghanistan

3. Sudan

4. South Sudan

5. Angola

6. Libya

Campbell on Truth vs Truth

Idea are dangerous.  
Don't take them seriously.

You can get by on a few.

So, decide to be imperfect, rewrite  
yourself to that, and go ahead. That's  
"joyful participation in the sorrows of the world."

A beautiful, aphoristic abbreviation  
of so much of Campbell's writing.

- No! Ben  
Franklin didn't  
fly a kite in  
a thunderstorm.


▲ Never heard  
of this before or  
since: two young  
people get married,  
then the parents  
of both get divorced  
and the groom's  
dad marries the  
bride's mom!

● We can  
always come at  
it from a slightly  
different  
perspective or in  
a better/worse  
mood.



• Holy Philadelphia history Rabbit Hole, Batman (I was pondering putting together a walking tour)

December 15-16 (2016)

Yw: 6:45am  
Back into the 

Friday, Dec. 16 PLAY PLAY PLAY

Book Recs: Robert J. Gordon "Rise & Fall of American Growth"  
1870-1970 the "special century"  
On some level is about how easily we forget how good we have it.  
The grand and perhaps unsustainable narrative of material progress that has become foundational to the "American Dream".  
We need to rethink our relationship to progress.

Philly Game Plan  
Arr 145ish City Hall  
HAT SHOP  
Library Company Exhibit  
Jefferson - Barnes 5-8pm!  
11/Market (75) 20/wood!  
Ms: Snap Krickon  
Sunoco Baya Mauer

Old First Reformed 48 Race 1727-1882 really Race into 4/5 5k  
(Economic Reform) 108 Wallace 1882-1925  
A Nat Geo winning photos: 50 & Locust 1925-1967 now a Baptist church? ✓  
(bought back old building)  
-bird water sardines  
-dead polar bear Norway  
-beautiful cypriots  
-couches my owl ✓  
Xmas Xmas: Lower Merion foxhike → Philly  
state court case (cost) →

Philadelphia COLOR  
-red? red brick  
-green? Eagles  
1929 "Red Car" Police System  
it was aimed at transparency & visibility. Rizzo hotel etc.  
Once Rizzo became mayor the orders became blue & white  
Ford V-8s (red) 1969  
Plymouth Fury 1960  
Q: Why doesn't Philly have a competitive "batel curve" order from suburbs and it be delivered & held at transition street mile?  
-proliferation of supermarkets cut into business from 1950s → but none 1950s 860s w/ suburbanization and decline of the railroad.

30th Street near old Bulletin Buildings  
Walk down Market thru heart of business corridor (along the old Chinese Wall)  
Thru the city hall still (truly a beautiful coked building) - busting Xmas scene  
down Filbert past the Market x3 (Sat night 119) last part has but nothing  
Reading Terminal (opened early 1890s) ENERGY-FOOD-SCENT 1994 it became a non-profit trading spaces  
-1964 Philly dismantled all open street markets on Market St.  
-1892 Market opened. Had a refrigerated storage room. Romy success up until depression.  
"batel curve" order from suburbs and it be delivered & held at transition street mile?  
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Get Priced then walked down 14th, past Jefferson to Locust, then over to Library Co.  
WWI Philadelphia Exhibit  
-US Aka TDN of sugar, and Phila had many early makers & sugar refineries including Franklin Sugar @ First/Barnhill  
-Liberty Bell as symbol "Ring it Again" - when did it ACTUALLY ring?  
-Liberty Song June 28, 1918 S. Bond ward to cement eyes  
Saxby's looking out @ Locust. / Walk to 4th past old BF Hotel when Jack Robinson was refused hospitality & Carthage now when URBAN used to be (NN & 4/Market)

Mid Tiffany @ Jefferson Station while reading NYRB on Conservatism & Color  
Walk to Luke's Lobster = Roll & Buque = MOUTH ORGASMS  
"WANAMAKERS" YMAS light show was disappointing except for dancing drunk guy w/ coffee cup.  
Bought Hat at City Hall Markets → Max Brenner for Hot Chocolate & cake.  
Rittenhouse B&N Magazine section, flipping thru, talking, being close. STICKMAN  
Goodbyes in Suburban Station underground concourse - lots of homeless in Philly - man doing the robot  
Got HOME after pino walk @ 11:15

Yw: 6:50am  
History of U-Penn Campus  
Lib Academy: 48 Arch (1751)  
"College": 98 Market (1801-27 doesn't distinguish between their own memories and ones that -building which was going to be ac. recounted to them" (full drawing of "self" hasn't happened)  
Residential Man: 200  
There's a new building on same site 1830-1872  
West Philadelphia move, of same time as grand breaking for City Hall, property purchased from Blackley Alchouse - now known as University City  
Princeton v Penn, stupid debate of which was founded first  
used 1746 originally used 1750/1 then 1749, then 1740(?)  
To take in a lot of interesting info, let it bounce around - talk about it - and let connections be made, like a kid learning language.

Thursday, Dec 15 What brings us Present?  
-Burdick on (2) Cont)  
-music!  
Franklin Field 1895 ~ City Hall (1891-William Penn hosted)  
Palatka 1927? ~ Free Library Building & Art Museum  
My Favorite Thing: COLLEGE HALL - 1873  
Green Serpentine Stone  
Cheap Amusement: Working Women & Leisure in turn-of-the-century New York.  
Kathy Penn  
1 YR "I believe most of the problems in the world are based on people's desires to know ABSOLUTELY what is true. -Machie (what if we accepted we can't know, only connect better and better guesses-but never be certain?)  
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PRASE I  
KEEP IT FUN  
Philadelphia Move List: Rocky (1976)  
Philadelphia (1993)  
11:20am  
When something benefits me, and the overwhelming % of my culture accepts it (ie meat) it's hard to give up voluntarily when I start to see an ethical/moral quandary. Always makes me think of Jefferson.

Kings of Leon Come Around Sundown  
NHSL → GV [NS] Bank then Lancaster, City Line, Darby HOMES  
Patty told him about sister. No emotion.\*  
Mayall → Ludington (FR161D)  
Philadelphia Bulletin 1847-1947 Collection  
Ancestry Research Ellis Copmick + Big Daddy & Grandpop (see Philadelphia Research notebook)  
Salmon & Mash (Dad & I destroyed a tin of homemade cookies)  
Sturgis section of Revolutionary Families Books  
Want to church @ 50th/Locust as a kid. That church has now moved back to 4th/Race Old First Reformed UCC

FURNESS LIBRARY-1891  
Museum moved in 1899  
Dabring Reg built on South End 1915  
1931 Reading Room (New Reg Gallery) to mark the Iron and Steel strike  
1957 the building was threatened w/ demolition, Frank Lloyd Wright visited and purchased it "the work of an artist."  
Landmark Status 1985 - renamed 1991 after Pennoator's benefactor - Arthur Ross  
AND it comes full circle bc of Arthur Ross  
Pendant in Central Park. Enough said!  
Babak?

SALMON & MASH  
(Dad & I destroyed a tin of homemade cookies)  
Sturgis section of Revolutionary Families Books  
Want to church @ 50th/Locust as a kid. That church has now moved back to 4th/Race Old First Reformed UCC

Hint: It's not a material question.

Had no idea I'd be working at Jefferson in 5 years time (1/2022)

mid-December date w/ Tiff.

• Kelly Green, all day

\* His sister had died. He had < 1 year to live.

I now walk past that building (now Baptist) every day-ish on my way back from work.



# December 17-21 (2016) my Claire Julian Doppelgänger

"Takes people on a journey"

Might have picked up the cold traveling to DCon Sundays.

The worst!!

an old colleague from Geneva Global days

Well said - did I write that? ☺

Yw: 7:45 Monday, Dec 19 Welcome 2 Christmas Week  
Feeling just a touch feierlich  
"cough"  
Tiever Nash on Trump as a PERFORMER  
"Takes people on a journey" just like a comedian  
or a jazz singer... it's possibly a tour guide  
→ GV Bruce Springsteen D.I.D.  
→ Magill - Hothouse - WW Empathy v Compassion  
COUGH • COLD • COMING • ON • SIGH • SE LA VIE NYQIL 9PM  
YouTube SNL Vids  
- Anshoring Lap (Kerem & Chana)  
- Cold Open (Trump/Tillexson/Putin)  
- Dukan Commercial (Africa)  
Corporate Market:  
Journale/Mr/Ms/  
Steve around about  
They went to BE.  
Tiever Nash  
I moved in Times  
SK  
heavy, heavy emotions  
Horace & Pete

Tuesday, Dec 20 "The vast majority of people aren't interesting enough to warrant a myth."  
- Sedaris friend Carol, the fox  
Finish HORACE & PETE \* Fighting a cold, but no so bad.  
Wow. Depressing.  
Drunk History: Philadelphia  
Von Steuben / Benedict Arnold / Adams v Jefferson 1800 election

Yw: 7:30 John Locke theoretical philosopher  
I had never heard of Proclamation Line of 1763. America was always looking to eat up new land.  
Colonists saw themselves as ENGLISHMEN  
First Colonial Congress July, 1774  
Moderates rule the day - petition  
Parliament diplomatically  
"Still asserting Rights as Englishmen"  
Ben Franklin - might have traded into Commonwealth status, had that worked at the time. King/Parliament do not take the "olive branch"  
Common Sense (1776) by Thomas Paine presents the radical position.  
JAN 1776: Continental Congress throws open all Colonial Ports to the world.  
MOTION FOR INDEPENDENCE PASSED ON JULY 2 - ANNOUNCED ON JULY 4 1776  
Wednesday, Dec 21 Notes on Valley Forge Encampment 12/19/77 - 6/19/78 12k troops  
Myths ALWAYS contain significant grains of truth - last push from Part of Larger Philadelphia Campaign  
to unrecognizable beauty & factor by ignoring inconvenient & complicating facts.  
Brie had sailed down from Sandy Hook to MD then marched up - won battle of Brandywine and took city in late Sept of 1777. After GW led failed assault on British at Germantown he retreated to Valley Forge for the winter.  
War ONLY succeeded because of help from other countries: the FRANCE, an absolute Monarchy  
The British Debt from the French & Indian War (1756-1763) played a HUGE roll into the Acts of Parliament to spark rebellion from 1704-1776.  
2026 will be 250th

some revolutionary war history for dat ass!

About Okola Last Night + Bonnam  
Rest Knees just sticked & light COPE  
DRIVE → GV  
WUK  
Ns Pantera Didn't get out (those days might be over)  
Yw: 7am Saturday, Dec 17 "Let it snow (B)stet" ... & rain  
7-9 Jounaling & Mental Play w/ Philly SURPRISE • MYTH • MUSIC • FOOD  
The subjective nature of pleasure/body/interest  
R. Acocella on Adam Phillips  
30 mins' bit of pull quotes - read every year  
i.e. "The quest for understanding is not just an insult to emotional health; it's an intellectual error." & "The way we miss our lives IS life."  
or "Life is what happens when you're busy making other plans."  
Horace & Pete ep1  
① Rendell & Cohen, Winter 1992  
Facing a +1 billion deficit over 5 years if no changes made. Yikes.

Trying to make my way through TNC Reparations article but it just burns me out in a really fundamental way!

Yw: 7am Sunday, Dec 18  
Hm. The Roller Coaster ANALOGY  
Fear - Euphoria  
Jeanette Winter on BBC 4  
Christmas Eve Tradition  
Christianity as an expert appropriator.  
EXPLOSION  
April  
BANDER, MD  
Red Roof Inn Plus  
6.5 / I think I'm good)  
Driving Accompaniment:  
Christmas Music,  
Simmons, House, Mallory,  
Men in Black Year In Review  
Maron & Billy West  
Emotive Parking Spot  
13th/H  
St. Francis de Sales  
- Patron Saint of Journalists  
Parish (42-2nd Market to Lindbergh) was founded 1890 by German & Irish. Cathedral finished 1910/11.  
Big Victorian Houses in Cedar Park - along Springfield, Chestnut, Baltimore, etc.  
St Charles B. Seminary moved to Lower Merion in 1871 (Philadelphia became an archdiocese in 1875)

Jazz at The HAMILTON KURT ELLING & BAND  
Nixon like Head  
Dapper Brown Striped Suit  
Animal Skin Boots  
Natural Born Performer  
"The Journey"  
MUSIC BRINGS US Present  
One Last Time  
Still around Obama's White House listening to Hamilton soundtrack.  
Eisenhower Executive Bldg (City Hall) French 2nd Empire

\*John & Mary Poorman did their bit for Hoover

→ w/ Nancy Halgren (Culpeper, VA host from '09) walk

I had gotten a happy-ending message on the way down. It was only so-so as those things go.



(cont.)  
December 21 - 23 (2016)

Yw 7:30

Siege of Boston  
(April 1775 - March 1776)

June Battle of Bunker Hill

British finally evacuated Boston  
on March 1776 to Nova Scotia

Pennsylvania State House  
built from 1730ish - 1750

City = State House = Congress  
1799 PA State Capital moved to  
Lancaster.

→ 30th St after TRAIN  
Lunch: Fitzday/Neal

→ 30th St after TRAIN  
Lunch: Fitzday/Neal

Finish Love Actually (NASAL CONGESTION)

Yw 6:00am

Paine (cont.) Wrote Rights of Man in  
transparks 1791-92, while French  
Revolution raged, and William Pitt's  
British government secured from w/  
liberty to discredit - charged w/ sections  
Hears to France in Sept 1792 - night  
at French "Concurrence" writes to  
abolish monarchy and a firm motto  
before Louis 16th goes on trial.

(Paine argued against execution - thought  
Louis should be exiled to America)

Imprisoned in France Dec 1793 -

Oct 1794. Monro, American  
ambassador, helped secure release.

Lived another 6 years in poor health  
in Paris until 1802, when TJ invited  
him back to US.

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Thursday, Dec 22

Nasal Congestion Central (Feb)  
week @ Christmas

N/A 1976 article about Lord's Pass in 1776 in colonies  
Lord Dunmore & his promise of freedom to slaves who joined the  
British Army King George III & Lord North (PM)

The 2nd Continental Congress won't deal w/ on declaring Independence  
through 1775. Says that only the king's refusal to compromise and  
his doubling down on taking away protection of their ships and  
suspending trade (and sending more soldiers) in late 75/early 76  
made the Declaration inevitable.

A 24 day crossing was considered FAST (3.5 weeks).

July 2 - vote for Independence. July 4 - Declaration of Independence formally  
adopted.

"DOS TRIPS TO PHILLY"  
- Carolyn, Julian, Debbie Donner + 1  
@ Little Lion (Short Rib Sandwich) at Noon.

- Nikki at Ashken SW Philly @ 6:30  
Mediterranean Sea Bass + Lentil Soup + Bread + Lemon Lavender Tea ✓

Friday, Dec 23  
- David Allen enough  
"I like to be reminded occasionally of what Joseph Campbell called  
the sorrow of realizing that life feeds on other life, that ours is an  
impermanent and fragile world, susceptible to unforeseeable and  
life-ending phenomena."

from ashes to ashes,  
from dust to dust.

Ellenberg & Snowden, Gladwell NYr  
Ellenberg was much more connected politically than thought. He was  
one of the elite.

(R) Thomas Paine, by Lepore  
Adams once wrote Jefferson: History is to ascribe the American  
Revolution to Thomas Paine

Congress asked him to write a history of the Revolution when it was  
over - Thomas declined. The person who did - Adams' friend Mercy  
Otis Warren - depicted him to a footnote. (1805)

In the space of 25 years (1783 to 1809) he went from insider to  
outcast. 26th moments at Franklin's funeral. At Paine's, 60.

Left US shortly after revolution - around time of Constitutional Conv.

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shortest day / longest journal entry Wednesday, Dec 21 (continued)

3 Gratitude  
Journaling  
Exercise

Silence/Meditation  
Kindness/Compassion

YORKTOWN:  
24k French troops w/  
11k American

Myth: Who lives, who dies  
who tells your story?

Many Loyalists went to Canada  
(Sturge family) and with them  
went their perspective.

Was a CONSERVATIVE revolution.  
→ BV  
→ Cinctown  
→ WW

San Harris/Fresh Air

NS Pancea-Wayne  
Laid at GV. Next not  
holding up well.

Revolutionary Lectures; Joanne Freeman Thomas Paine / Declaration of Ind.  
Great Causes + Great Awakening & Skeptic's Guide to Rev.

Start Love Actually.

The yearly watch

purity of Paine's ideals: He  
never owned OR profited from slave  
trade and wrote passionately against  
slavery in 1774.

What led to his dismissal and  
even in his day was his  
condemnation of world religion.

His own crowd would be widely  
accepted now. We were just w/ it  
ahead of his time.

Wednesday, Dec 21 (continued)

YR - read Tad Friend on Golden Gate bridge suicides  
- 5 days ago contractor was selected for suicide prevention net  
- 204 million / 4 years approx. Change is slow, but ever moving.

80% of happiness is predicated by internal lens through  
which you view the world - not external factors.

Q: Where did Jefferson write the Declaration? SW side of 6th & Chestnut?  
3/4 of it is a bill of indictment against the king for despotism in breaking  
the "social contract" via - via John Locke.

Republicanism 22:57 John Adams guessed that of the colonists in  
1776 - 1/3 were for the Revolution, 1/3 against and 1/3 neutral.

Authority vs Liberty → everything open to questioning

The question of Home Rule (revolution) leads to question of Who Should Rule.  
At Home, which has been an ongoing struggle of American history.

August 1776 → British invade Long Island with 32,000 troops  
start w/ a roll of victories, declared by Loyalists (> pop of NYC at time)

and NYC became British headquarters throughout war  
GW staves off surrender at Trenton and Princeton late 1776 -

then the following year in Oct 1777 the northern branch of the Army  
takes Fort Mifflin while GW is desperately retreating to V Forge.

Military Victory IMPOSSIBLE w/o French aid in early 1778!!!

Friday, Dec 23 (cont.)

→ GV  
Marion & Brandon  
Origins of WTF

→ WW (Via Saxby)  
House of Run

NS Ice Cream: Handels

→ BINGE First 5 eps of  
"Night of" on HBO

→ it's now  
operative in '25

→ So beautiful  
or So What...

→ The "myth"  
today is that  
then was near-  
unanimity of  
opinion.

24 days on one of  
those wooden, sail-  
powered ships across the  
Atlantic is my idea of  
HELL.

Nasal Congestion is the  
worst part of a cold for  
me, but somehow post  
COVID that part hasn't  
been as acute.

The final years of  
Thomas Paine...  
were bleak.

26k vs 6. Wow. I could think about this  
for hours. Paine was a true blue supporter of  
Revolution from the jump. Franklin had to be  
cajoled along.



Christmas & such...

December 24 - 28 (2016)

Drive to Saugerties, NY  
to 'post' Christmas w/  
Endel & family

Great details on  
ping pong stats

Quick trip = back in  
Bryn Mawr @ 1:45pm

\* Hearts & Bones is a  
song loosely about Paul  
& Carrie's tumultuous  
relationship

She died 4 days after  
having a medical emergency  
on trans-atlantic flight  
back to LA.

I didn't note here that  
Carrie's mother Debby  
Reynolds died a day after  
Carrie - on Dec. 28th!  
(Dad later chose one of  
her songs - Tammy - as  
one of his Desert Island Discs)

Yw: 7:40  
LD @ 30min or less ✓  
WTF  
Annette Benning  
George Michael Interlude  
NJ Tumpkins  
Faith/Father Figure  
Frederick  
Paul Simon  
Hearts & Bones  
(arr. 1:20pm)  
olive oil & Handmade gin  
& BUD LIGHT  
Thanksgiving Dinner w/ Reaffor & w/ olive oil & Handmade gin  
at the long table. Set next to Kate  
Afternoon Ping Pong/Evening Matches (doubles)  
3-0 1st match 5-3 last game E me & Peter 2-0  
G E Endel win G E won after I came me & Kate 2-2  
but Paul Simon play back from 12-18 Chats/Endel/Kate  
nude: lovely Postscript NY: Gil Lam  
RIP Carrie Fisher  
(Oct 21, 1956 - Dec 27, 2016) 60yo  
Return to Bryn Mawr (Rough one on my mind)  
10:15 - 1:45  
Dahm call / Binoland / KOL /  
Black Holes / 1 Trick Pony / Radio  
Trump's win has spurred her into even more action  
F @ = 1st time by w/y for people 2016  
Scientist thinks they observed one forming  
Universe "formed" 13.75 billion years ago... and still expanding! (cosmological expansion 4.6 b) 1/3 Earth 4.5 billion  
Contradiction is character; Imperfection starts beauty.  
Doc's "Spooky" captured in Yeaton  
& humanism Needs Humility  
Always dealing with  
of parallel but contrasting perspectives  
is Question of Culture/Tale. Ind. life vs. "National" Life  
A Revolutionary America Night: Washington's Cabinet, A Horn in Philly timeline, est. of the First Bank of the US (91-11) - he in to Whiskey Rob, Wash & Home's (return) to politics in 1793  
Yw: 7am  
Simmons friendship dream w/ lunch as part of group. Dof  
Wednesday, Dec 28  
Egypt's Failed Revolution, HESSLER  
Revolutions are often started by the bold and outspoken and then co-opted by those who are careful & quiet.  
Mubarak had held power for 30 years! (81-11)  
June 2013 - million person march against Morsi Islamist Government  
Sisi came to be a cipher thru running for president Spring 2014  
"Everything that it took for a man like Sisi to rise in revolutionary Egypt - secrecy, silence, commitment to the system - has also made it impossible for him to enact real change."  
→ GV Simmons/Sat → Love Never... → HOR yrcal Awards pt 1  
→ W. D. Simmons (cont.) → then Hant  
Podcast shorts taking each wing of them and connecting them to Y. P. and 2 Actual history  
Hank swooping at me or Haw Colby  
photo box #1 for M8D50

Love any Hessler article.  
(on Egypt or China)

Yw: 7:15  
No Christmas is a good reminder of the necessary arbitrariness of all the stories we tell - collectively and about myself. Truth is not important. More so if convenient and useful if they are useful and practical to human flourishing.  
1 Shining Maniac 5K HOR  
Saturday, December 24 1YR High of 74°  
CHRISTMAS EVE  
BEC4 Christmas Origins: Working from Spring Equinox as date of "conception" brings us to Dec. 25th. Odd.  
R John Quincy Adams, by Thomas Mallon, NYR  
1767-1848 Bridge btw founding and near dissolution  
- he indexed his own diary  
- he named his 1st son "George Washington Adams" instead of "John"  
- greatest successes were as Sec. of State - a small institution of the time  
1820s seem like consequential decade  
We like sex, we like death, and we like music.  
We also, it seems, really like to read about food... and, of course, we like to read about \$\$.  
Hav Trail  
after Spencer  
Martina Navratilova (Desert Island Discs) really wanted Guinness  
Wasted time  
Zz: 2am  
The Night of Christmas Eve Dinner; Tilapia - Rice - Honey Glazed Carrots  
Yw: 8:20am  
Ayn Rand, Mallon, NYR  
Hav a Conscience right now Born in Russia, 1905 to why she's in-suspicious a prosperous family.  
- seemed to have dreams of Hollywood  
- reuniting success from the start when she arrived in Chicago  
- Fountainhead, 1943, poor reviews but only best-of-mouth sales  
Sunday, Dec 25  
Hav a Conscience  
At this point in my intellectual curiosity, I could in no way be called an Objectivist. Just the contrary. In a fruit. Although as it's really a good idea, when I off solo to do it before sunrise, ideally in the morning.  
5K Reply All  
POORMAN FAMILY CHRISTMAS @ Haverford  
Topics: #Hamilton #Philly Myths #Philly History #Immigrant Housing #Future son #Biblical Details #Census Data  
Zz  
Calvin Coolidge, Thomas Mallon, NYR  
- was a Vermonter, sworn in by father in Plymouth  
- Notch after death of Harding in Aug 1923  
- a son, Calvin Jr., died at age 16 from blood poisoning acquired through a blister he got while playing tennis on the White House lawn. WTF?  
- Died of a heart attack at 60 - early in '33 - just before FDR inaugural.  
As always, who lives, who dies who tells our story  
Ns Christmas Lunch @ Spencer's w/ Mary Anne, Peggy, Betty & Rick, Peggy's friends.  
Gifts: \$400 in 50s, Gray cashmere sweater  
2004 Alice Munro Interview, Love her!  
Hav Trail  
in face near college are  
GEORGE MICHAEL RIP (his "last" Christmas)  
Zz

still true  
full house w/ Julie, Robert & Don Sheena's family

the way she acted after learning her second husband sexually molested her youngest daughter is deeply saddening.

All Top 5 things I think about  
#5 is not #5 for me, tho

Now, it's more complicated. Still love her work but a great musician, gone too soon.



new year's eve & such...

December 29 - 31 (2016)

w/ Tiff  
The great Lala Land  
@ KOP date!

The Non-Shot Heard Across the Colonies (and world): GW stands down as the head of a national army, and doesn't seize power. He goes back to Mt. Vernon.  
Franklin with the French 1778-79  
"with celebrity come cash, and with that come influence."  
people lined up to see him enter Paris  
Dec 31, 1776



Yw: 7:00 P  
Mr. Spenser falling  
Guy Julland in class  
Saturday, Dec. 31  
1779 Rest in Front of James Wilson's house that left 5 dead?  
Florence Chadwick b 1918  
Marilyn Bell b 1937 (Lake Ontario)  
Diana Nyad b 1949 (Hawaii-Key West 110 mi)  
lives 5 mi ACF from Medford  
Lobs tennis courts.  
→ GV  
Ham, Menlo Park  
→ WW  
Menlo Park Local Channels (2nd Lobs)  
Harris + Kasparov  
Also:  
→ 1999 w/ Aaron on Don Tonnaso for Y&K  
→ 1995 NYC w/ Dave, Roy & Katrin (the forgotten jacket)  
→ 1995 NYC w/ Dave, Roy & Katrin (the forgotten jacket)  
→ 1995 NYC w/ Dave, Roy & Katrin (the forgotten jacket)

New Year's Eve Past  
2015: Long NYC walk then to Ocala's  
2014: With John (and Johnsons)  
2013: Ww in DC @ Endel's (think I was asleep)  
2012: Baltimore, Luis CK w/ Whitney  
2006 [10 yrs on] prob w/ Claire, still at GG  
1996 [20 Yrs] Driving x-country @ Vic & Annie V's?  
1986 [30 years on] w/ family at Manucci's @ Golf View/Hendrix  
1976 No due. War only 3 years old.  
1777 [239 parago] Continental Army @ Valley Forge



Additions:  
(must have done gmail search...)

2011: Quiet eve @ 197/Convent watching The Wire  
2010: In NYC... but? Rudy... snowstorm?  
2009: Bn on A's parents in Mississippi → New Orleans  
2008: Pickup claim from LGA after being in ATL w/ her mom (undated)  
Aled to discuss Aaron's identity theft.  
2007: Something w/ Claire, (she had just moved in to 102nd St.)  
Meditation @ The center

saw Lala Land on consecutive nights!

Yw: 3:30am - 7:00am  
Founders #A-Ham & A-Burr  
salon in my bed - notes for Holly discussion & cracking the housing # code in early PHL  
4:00:00  
N's  
Trencelet's in the room (Did half decent)  
Valley Forge  
1777/1778  
Dec - June  
Burr  
Hanging Rock "The Gulf"  
Simmons  
Ryan → Jerry Maguire (1996)  
Trencelet's FULL  
8-9 Suzie  
Always fun & easy to talk to her.  
L  
Light  
RING  
LATE NIGHT GREEPIN'  
"Hanging this is from the Dr. Block Institute"



planning my walk Oct 2017

did walk right past Merck

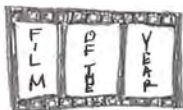
planning CA coast walk April 2017

Yw: 7:45  
1 YR Somali woman @ Relynn - George Washington had great bearing, great wealth, was a wonderful horseman and had some equanimity (also, was a graceful dancer) DID care exceedingly about his reputation.  
1777  
- huge set backs to GW's army  
@ Bredynus (Sept) & Gerns-hum  
Coat that left PHL city in British hands and Continental's  
- throwing in Whitman/Hugh/Gulf/Valley Forge.  
[Battle of Saratoga one of only 1777  
- bright spots: Gates beats Burgoyne]  
Benedit Arnold's role  
Simmons/House  
→ WW  
Murray Palace Channel  
Sam Harris/Xing  
Gary Kasparov  
Friday, December 30  
GW: Commander-in-Chief Continental Army  
6/15/75 - 12/23/83  
Who is in control of the Army? Always a HUGE question - Julius Caesar, etc. etc. Would have been central in the minds of Continentals.  
CONWAY Cabot - failed to overthrow GW as General  
The indelible & florid style of writing in late 1700s is ridiculous and opaque to modern eyes. Give me Tommy Paine!  
/ LOL / Copies of letters abundant. No copies or mimeograph they all had to be handwritten  
[Hm] Governor Morris seemed to be a DNGAT but his delay was abhorred by early as 1777  
like his pal A-Ham - both strong Federalist leanings - and some gossip that his leg got crushed fleeing a jealous husband in Phila 1780-1788  
Was A-Ham a "Antisocial to the Core" like his buddy Governor? Governor strongly spoke against domestic slavery in 1787 CE  
Didn't marry until 57!

more revolutionary war musings



# The YEAR 2016 In Review



1/Lala Land (saw 12/30 B31)  
that last scene!!

2/Our Beautiful Planet (BAMX-USC)  
Ave

3/Moonlight @ BMFI  
That scene on the beach when they  
are in high school

4/Mouth Feels  
• First Ramen @ Terakoya  
in January 9th post Race.  
• The many Luke's Lobster  
mouth orgasms.

Moments: • "The Call" from Aaron, Dec 14, on the Redwyn Sidewalk.  
• The Lamb, on day 2 of the walk, quietly dying, it's facing nothing away.  
• The sinking feeling on election night — exactly like 2004 — when I realized  
it was headed for a Trump win.

all the life guide i need

8 FOLD PATH: 1/cultivate relationships 2/Slow down 3/Live the Q 4/Pay Attention (Presence) 5/Fruitful



Random: Getrand on Fresh  
Air (Walk/Run Railroad Ave);  
Ray's VM cutting down Ken & Jason's  
Rupp predictions while walking by  
Columbia.

Nice idea, but didn't turn  
out to be quite as extensive  
as I hoped.

## Best Moment

IN RETROSPECT:

Meeting Tiffany that August night

@ 2nd & Market.

8/27/16

♪ (she's my quee — ee-zen — to be...)

married:

8/13/22



JAN 23-24 Snowstorm to GV

Atop Loring Crag, Kesthup, Ia.



Dad making  
ascent

Kenneth Hahn back trails  
on LA 1st Afternoon looking  
to Yorktown.



Brickman & Simon to discover  
out Dad's wrong



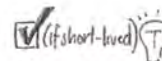
- Tieman wins NCAA XC

- Throwing my hat in White's front  
room after Okie's 6th in 400 Olympic  
Trials and then taking a 20min walk  
out back in the field.

- Shaunee outbats & falls  
crossing finish line @ Olympics.

- Spring: Leicester City Miracle

Character OTY:  
Graham-Easby, UK



- drawn postcards  
w/ colored pencils.

Monday 6/Refuse Perfection (Fail Better) 7/Compassion > Judgment 8/Love is a developed skill